

Meltdowns

Meltdowns are an outward response to being completely overwhelmed.

Meltdowns are not bad behaviour. They are the only way the person is able to show their distress.

Meltdowns may be expressed verbally (**crying, shouting, screaming**) or physically (**kicking, punching, biting**).



If someone is experiencing a meltdown:

Give them some time and space.

If possible, reduce the sensory inputs around them e.g. turn off TV, lower lights, etc.

When speaking to them e.g. to ask if they are okay, maintain a calm voice. Do not expect or demand a response.

Shutdowns

Shutdowns are a response to being completely overwhelmed.

Shutdowns are not rude behaviour. They are the only way the person is able deal with their distress.

During a shutdown, the person may be very still and unable to communicate. They may move to a quiet space or they may want to, but are unable to due to their shutdown.



If someone is experiencing a shutdown:

Give them some time and space.

If possible, reduce the sensory inputs around them e.g. turn off TV, lower lights, etc.

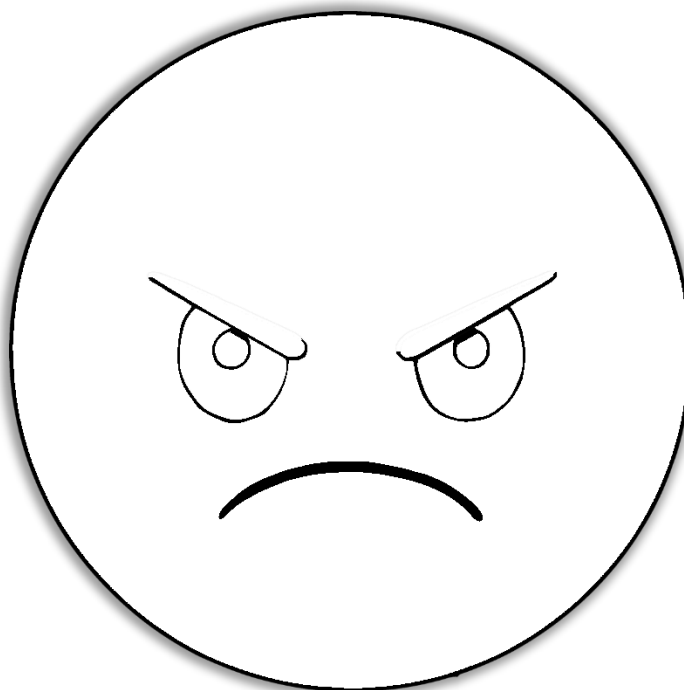
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