

<i>Mistaken Belief</i>	<i>Support Options (align communication with cognitive abilities)</i>
1. "I feel 'less than' and discouraged."	<ul style="list-style-type: none"> <li>✓ Offer encouragement, complements and acknowledgements.</li> </ul>
2. "I believe that to be happy, I need more stuff: bigger, better, more."	<ul style="list-style-type: none"> <li>✓ Meet all basic needs.</li> <li>✓ Give choices with appropriate limits.</li> <li>✓ Give opportunities and incentives to work for improved quality of life.</li> </ul>
3. "I believe that I am not capable."	<ul style="list-style-type: none"> <li>✓ Give "bigger than expected" responsibilities.</li> <li>✓ Offer "I believe in you" statements.</li> <li>✓ Guard against your own need to just do things yourself because it is more efficient, it makes you feel good, and if you do it, it will be done right.</li> </ul>
4. "I believe that I am not loveable or even likeable."	<ul style="list-style-type: none"> <li>✓ Use emotional contagion to influence them with your feelings of love and respect.</li> <li>✓ As appropriate, touch them often.</li> <li>✓ Acknowledge their worth.</li> <li>✓ Catch them being nice to someone.</li> </ul>
5. "I have very little social interest."	<ul style="list-style-type: none"> <li>✓ Offer many opportunities for them to be of help in the "family" or community.</li> <li>✓ Point out when they are being helpful to someone and acknowledge their contributions.</li> </ul>
6. "I can't manage interactions because I get annoyed or discouraged when people are powerful with me."	<ul style="list-style-type: none"> <li>✓ Communicate with these individuals "feelings to feelings and reasons to reasons".</li> </ul>
7. "It isn't fair! It isn't enough! Why not me!" (envy)	<ul style="list-style-type: none"> <li>✓ At the time of these demands, give a clear signal of caring then walk away – limit talking.</li> <li>✓ After the incident, make time to discuss this misperception.</li> </ul>

8. "I am afraid that I'll be criticized or laughed at for making a mistake."	✓ Model acknowledging your own mistakes openly.
9. "I need to be needed."	✓ Give the individual meaningful responsibilities.
10. "I can't cope when people talk to me in ways that make me feel discouraged."	<ul style="list-style-type: none"> <li>✓ Listen mindfully and attentively to the individual.</li> <li>✓ Express how you value the person.</li> <li>✓ Model "feelings to feelings/reasons to reasons" communication.</li> <li>✓ <u>Never</u> use belittling language: for example, "Why can't you ever?" "How come you never?" "How many times do I have to tell you?"</li> <li>✓ Never use power or force of any kind.</li> </ul>
11. "I am a helpless victim."	✓ Once they are calm, address each situation by asking them the following questions: "If you were able to do that over, what would you do differently?" "How do you plan to deal with the situation now?"

### Supporter's Optimal Solutions

Offer consistent reminders throughout each day that the person is loveable and capable.

### Medication and Medication Side Effects

*There is 'inconclusive' evidence that antipsychotics are effective in treating the behaviour of developmentally disabled patients who do not have a mental illness. About 56% of developmental disabled group home residents were prescribed antipsychotics, of those, around 43% had no documented mental health issues. Even for people with developmental disabilities and mental health issues that are commonly treated with antipsychotics, careful monitoring is vital. People with developmental disabilities maybe more sensitive to side effects while, at the same time, less capable of articulating to doctors how they are experiencing them.*

Researchers with the Centre for Addiction and Mental Health and The Institute for Clinical Evaluative Sciences – August 2017