



De-escalation Preference Chart for

Crisis Cycle

Crisis Phase

Caregiver Response - **Protect** using the least amount of interaction needed for safety.
List best skills to provide safety for everyone in the situation:

Escalation Phase (Higher)

Caregiver Response - **Engage** to set expectations to cue a replacement behavior. List possible replacement behaviors to cue for safety:

Escalation Phase

Caregiver Response - **Engage** to offer options from baseline.
List preferred options from Baseline list:

Stimulus/Trigger Phase

Caregiver Response - **Listen** to identify then removal of/from the stimulus.
List known things, people or activities which trigger:

Baseline Phase

Caregiver Response - **Engage** to support them in what they are doing.
List things, activities and relationships important and enjoyable:

De-escalation Phase

Caregiver Response - **Engage** to structure the cooling off period. List preferred options for emotional/physical recovery:

Stabilization Phase

Caregiver Response - **Listen** to actively listen.
List preferred caregiver listening skills:

Post-Crisis Drain Phase

Caregiver Response - **Listen** to observe and support.
List important details and preferences to watch for: