Handout 9: Lifestyle Reviews

These are comprehensive reviews of a person's history, current activities and events including past loss or trauma, emotional needs, health needs, social life and relationships. They are used to get a complete or holistic picture of the person's life.

This helps us to understand in what ways a person may not be leading a satisfying life. This information contributes to learning about why a person may use challenging behaviours and what areas of their life could be enriched.

For example, many people with disabilities are quite socially isolated and do not have many opportunities to form friendships or more intimate relationships. Feelings of loneliness, boredom and dissatisfaction may underlie someone being frustrated and angry. If they have no effective way of communicating these feelings they may start to use behaviours that are challenging.