



Guidelines for Setting Limits

Successful limit setting depends on:

- o Client/Resident understanding what you say
- o Client/Resident's ability to change behaviour
- o Respectful adult-to-adult interaction (matter of fact tone, calm)
- o Reinforcing the consequences

Steps:

1. Validate the person's reality

- o (eg) Mr. J, I know you are feeling upset
 - o In this case, you might say:
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2. Describe the behaviour you want changed

- o (eg) However, yelling at me isn't going to help
 - o In this case, you might say:
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3. Give positive choices and consequences first

- o (eg) If you stop yelling, we'll be able to finish this bath and you'll be ready for lunch
 - o In this case, you might say:
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4. Give negative consequences second

- o (eg) If you don't stop yelling, I will have to (leave, come back later, etc)
 - o In this case, you might say:
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5. Enforce consequences – if behaviour does not change

- o Needs to be realistic
 - o Needs to be doable
 - o Previously decided upon by team
 - o Legal and ethical
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