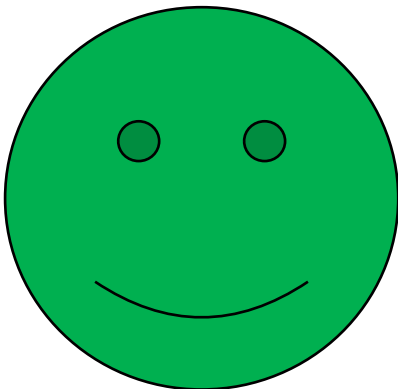
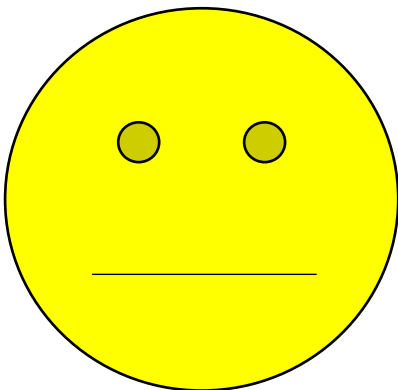


Traffic Light Cards

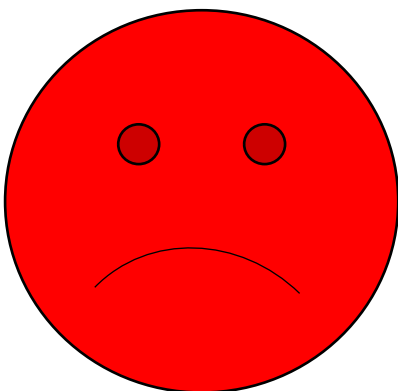
- Traffic Lights are a strategy that can be used with residents following an incident. This is a non-verbal strategy that avoids the need to verbalise feelings which may escalate behaviours.
- The traffic lights can be viewed as warning signs that a resident can use to inform you of their current state and the approach that they would like you to take.
- Like the name suggests, the traffic light strategy uses the three colours of a traffic light; Green, Yellow and Red, with each colour representing a different state. For example:



Green indicates that the resident is feeling **Calm** and is **Ready to Talk**.



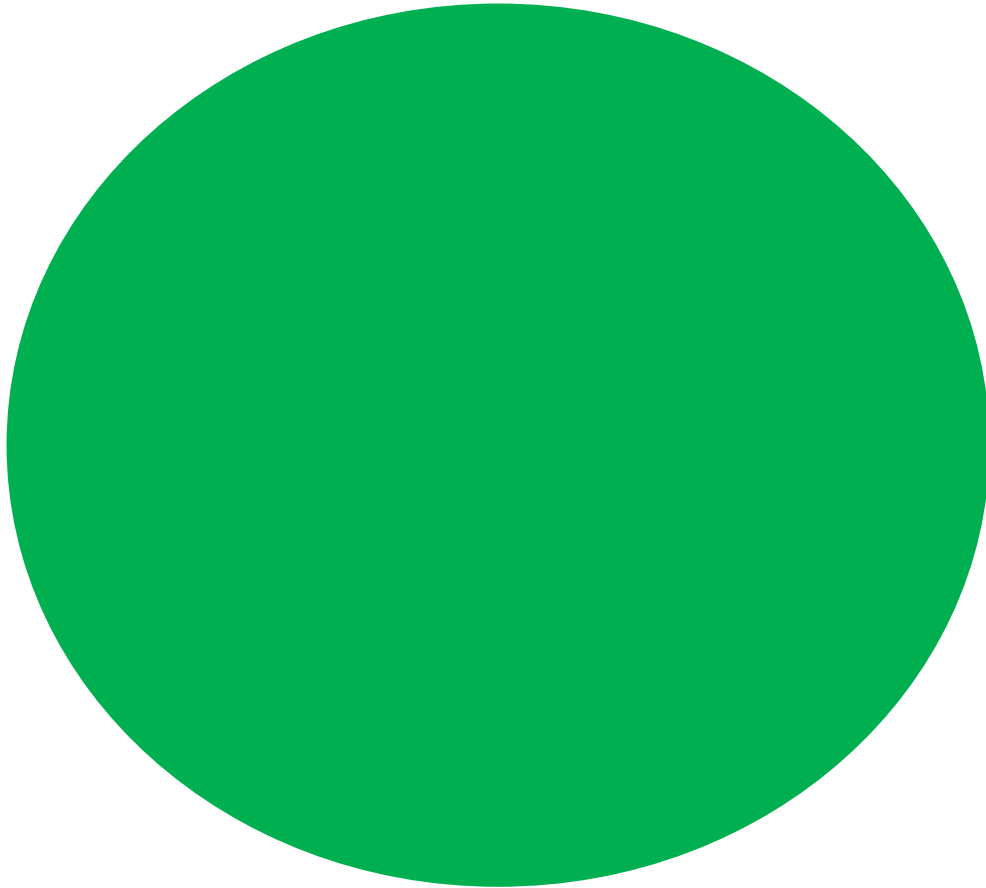
Yellow indicates that the resident is feeling **Anxious/Stressed** and is **Unable to Talk Right Now**.



Red indicates that the resident is feeling **Angry/Unhappy** and **Needs you to Leave**.

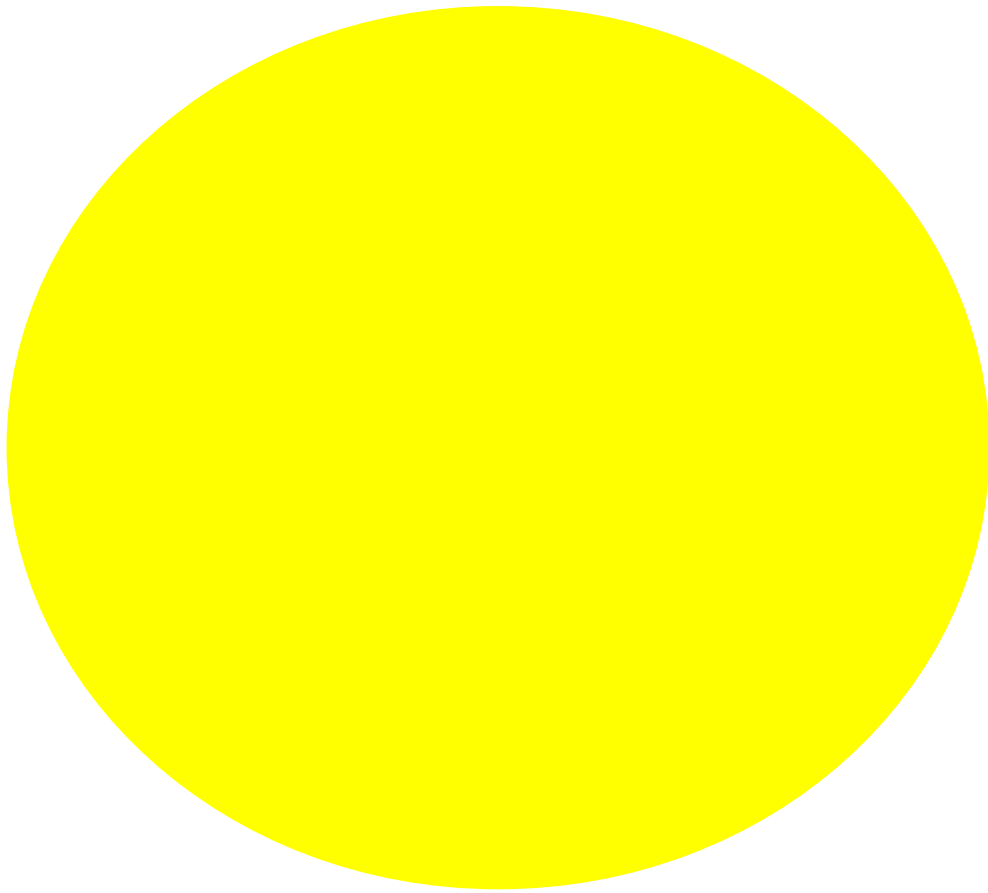
- The traffic light approach can be tailored to each resident depending on their needs and varying levels of ability.
- On the reverse of the cards, are instructions that the resident would like for you to follow.
- It is key that this strategy is planned with residents and their key workers to ensure that each traffic light displays an individualised plan.

Traffic Light Template



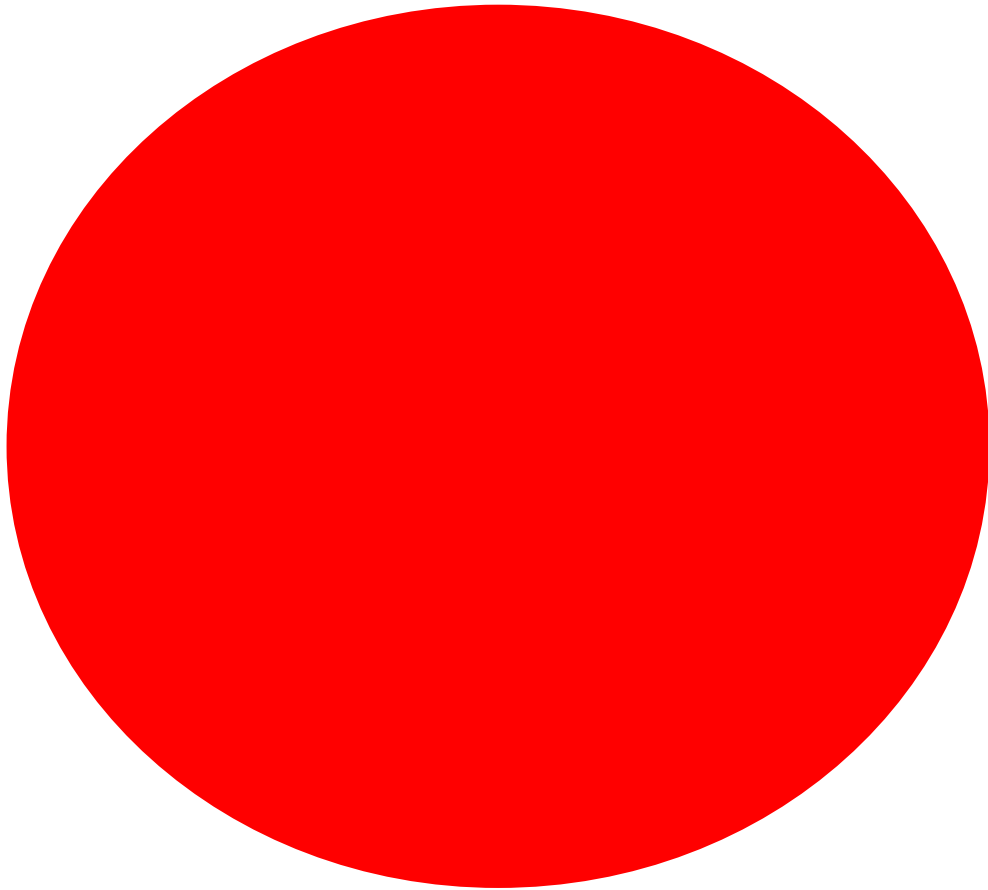
Key:

- For the *Green Traffic Light*: This is when the individual is feeling *calm* and *can be approached*.
- For each individual, discuss with them or their key workers, how they typically like to be approached following an incident and include this in the instructions on the back.
- BE SPECIFIC



Key:

- For the *Yellow Traffic Light*: This is when the individual is feeling *stressed/anxious/unsettled* and *cannot talk*.
- For each individual, discuss with them or their key workers, how they would like you to engage if they do not want you to talk. This may be that they enjoy your presence but not interaction, or that they would like for you to sit with them etc..
- BE SPECIFIC



Key:

- For the *Red Traffic Light*: This is when the individual is feeling *Angry/Negatively/Overwhelmed* and *needs you to leave*.
- For each individual, discuss with them or their key workers, how they would like this to occur and how long they typically would like to be given space for etc.
- BE SPECIFIC