What are some crisis prevention tips?

1. Determine the level of stimulation and uncertainty a person can handle.
2. **Understand early warning symptoms** like verbal and physical aggression such as swearing, hitting, or yelling, pacing, or rocking.
3. **Avoid power struggles** – delay a treatment or care if a person resists.
4. **Develop a personal prevention plan** to help a person identify triggers.
5. **Back away and ask for help** when someone’s tone, volume, and cadence increases.

Don’t miss opportunities to intervene sooner in Stages 1 and 2 to prevent a crisis.