

The PETAL programme



PETAL is a research programme that wants to help adults with learning disability with aggressive challenging behaviour.

APRIL 2020

SUN	MON	TUE	WED	THU	FRI	SAT
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

www.ck12.org/ptiles.com

The PETAL programme started in April 2020.



The programme has 4 parts. We have now finished the first 3 parts.



In part 1:

We looked at what worked in previous therapy programmes for aggressive challenging behaviour, for whom and in what circumstances.



We spoke to adults with learning disability and their carers to see what helped them in therapies, and why they think their therapy was useful or less useful.



In part 2:

We looked at NHS data to see if some people are more likely to get support from services because of aggressive challenging behaviour.

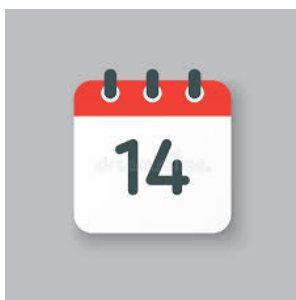


In part 3:

We developed the PETAL therapy with the help from adults with learning disability and family carers.



We also used the results of Part 1 and Part 2 to develop the PETAL therapy.



The PETAL therapy will be delivered over 14 weeks.



In the PETAL therapy:

You will learn skills to help you with changing your behaviour.



You will learn tips to help you feel calmer.



We will talk about how to tell other people what you need or how you are feeling.



We will give you tips on how to feel better.



In part 4:

We will test the PETAL therapy to find out:



- If the PETAL therapy is helpful for adults with learning disability and aggressive challenging behaviour.



NHS

- If the PETAL therapy is saving money to the NHS.



We invite people from NHS teams from England, Scotland, and Northern Ireland to help us test the PETAL therapy.



We invite 410 people to join one of 2 groups by chance.



Group 1 will have usual care.



Group 2 will be the PETAL therapy with usual care.