

# The use of Triple-C: a model for supporting and caring for people with intellectual disabilities and challenging behaviors

Some people with intellectual disabilities exhibit challenging behavior. **Triple-C** is a method for effectively supporting and caring for these individuals. Within **Triple-C**, the relationship between support staff and someone with an intellectual disability is very important. This study investigated which other relationships are important within **Triple-C**, such as relationships with family members. This study resulted in tips for support staff, practitioners, and healthcare organizations

## Tips for using the Triple-C method

Ensure that **all professionals** (support staff, therapists, managers) in an organization, work with Triple-C.

It is important to know exactly what Triple-C is. Use the **overview** has been created for this purpose. It can be found on the website of the Triple-C workshop [www.triplecwerkplaats.nl](http://www.triplecwerkplaats.nl)



**Connect** with the person with an intellectual disability and challenging behaviors. For example, by doing an activity together. Ensure a safe atmosphere and respond to the person's needs.

This infographic is based on the doctoral research project, 'Understanding Triple-C and the importance of relationships in the lives of people with intellectual disabilities who present challenging behavior'.

The Academic Collaborative Center Living with an Intellectual Disability (AWVB) conducted this research on behalf of healthcare organization ASVZ. Tess Tournier MSc conducted the research under the supervision of Dr. Lex Hendriks, Prof. Dr. Andrew Jahoda, Prof. Dr. Richard Hastings, and Prof. Dr. Petri Embregts.

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## Tips for involving family in the use of the Triple-C method

**Work together** with family members to care for people with intellectual disabilities and challenging behaviors, even if they live in a care facility. Family remains very important to them.

**Take time** to become familiar with the family networks of people with intellectual disabilities and challenging behavior, and collaborate to strengthen or expand these networks.

**Keep in mind** that people with intellectual disabilities and challenging behavior believe their family relationships to be of comparable quality to those of people without challenging behavior