

Individual Baselines for Adults with Disabilities

- An individual baseline is a document that contains information about an adult and how they will present to others on what is a good or normal day for them.
- This tool is used to identify any changes in mood, behaviour, appetite, or anything that could signal a change in health. It is particularly relevant if the individual has complex needs and limited communication.
- This is a useful document for new staff /agency staff who will not know the individual very well.
- A copy of the tool can also be taken to health appointments and hospital visits and especially hospital admissions. This will help staff supporting the individual to understand their needs and identify when something changes.
- We have designed two baseline documents. They both have the same content, but one uses photo-symbols and the other uses emoji.
- Once the adult has chosen the style they prefer it is important that the document is completed with them. It doesn't have to be completed in one go and some areas may need to be completed using your observations and knowledge of the individual.
- The documents can be reviewed and updated if the individual's situation changes. An example might be that under pain it has been recorded that 'John doesn't usually experience regular pain' but following the onset of regular migraines it could be changed to 'John experiences regular (monthly) migraine headaches which are very painful'.

[Baseline Chart](#)

[Baseline Chart Emojis](#)