

# ELOPEMENT

## TOOLS AND STRATEGIES

### UNDERSTANDING WHY

- OVERSTIMULATION
- ESCAPING A DEMAND
- SEEKING SOMETHING OUT
- EMOTIONAL REGULATION

01

02

### PREVENTATIVE STRATEGIES

- LOOK FOR TRIGGERS (WHAT IS HAPPENING BEFORE)
- CREATE A SAFE SPACE
- USE VISUAL SCHEDULES
- PRACTICE 'SAFE EXITS'

### WHEN ELOPEMENT HAPPENS

- STAY CALM
- ASSESS FOR SAFETY RISKS
- GIVE SPACE WHEN POSSIBLE
- ONCE REGULATED, PROVIDE SOME GENTLE REDIRECTION

03

