

# **Ecological Intervention Strategies toward People with Intellectual Disabilities Accompanied by Challenging Behaviors**

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## **Abstract**

Family members and front-line carers are important assets and central to the provision of high-quality services to people with intellectual disabilities, they usually experience challenging behavior from this group of people. According to traditional behavioral theory, carer's different cognitive behaviors may lead to different responses from challenging behaviors of people with intellectual disabilities, these responses may affect the quality of services for them. The traditional cognitive behavioral approaches may be only suitable for the general people, and it is doubtful for the suitable toward people with intellectual disabilities. In 1986, the Ottawa Charter for Health Promotion emphasized to draw the appropriate policies for health, and claimed on the five practicable strategies for health promotion that can be applied in mental health issues: improving personal skill, creating supportive environment, building health public policy, strengthening community action, and reorienting health services. Based on the literature reviews, we try to use this ecological intervention strategies to build sustainable policies toward people with intellectual disabilities accompanied by challenging behaviors.

**Key words:** behavior analysis, carer, challenging behavior, intellectual disability, ottawa charter for health promotion