



How does CALMER actually work?



CALMER works by co-creating supportive environments where people can be safe and feel safe. The environment is the focus of change. The person's capacity is the focus of support.



Monitoring, Learning and Continuous Improvement

Shared learning informs continuous improvement and adaptation.



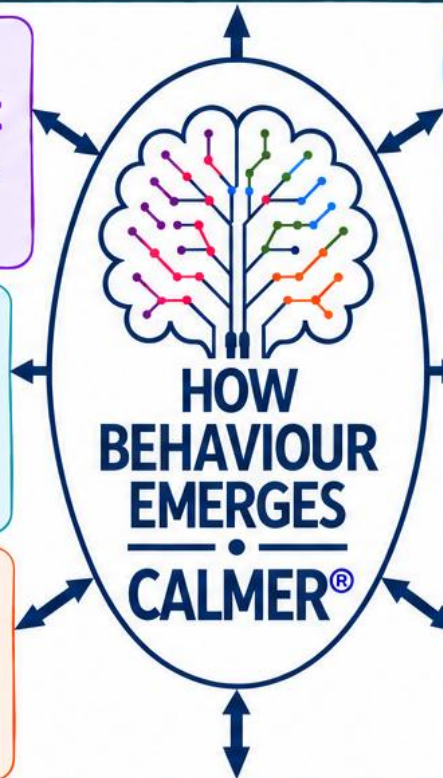
Plan Activation and Sustainability

Bringing the plan to life through consistent practice, monitoring and ongoing support.



Co-Planning

Practical and accessible safe support.



Building Shared Understanding and Capacity

Understanding how behaviour emerges through CALMER[®] and the Frannogram[®].



Understanding Behaviour Within Its Context

What contributed to this behaviour, in this context?
What changed? Why now?



Finding Shared Meaning

Why did the behaviour happen?
What does it mean?
Everyone's perspective matters.

CALMER[®] = ● Cortex ● Amygdala ● Limbic ● Memory ● Emotional Regulation

Frannogram[®]

Understanding the relationship between emotions and behaviour.

Neuro-affirming

Co-designed

Human Rights

UNCRPD