



PDA Student Support Plan Template

For Australian primary and secondary schools

This template is designed for use by Australian schools to develop a support plan for a student with PDA. Adapt each section to the specific student, in consultation with the student's family and support team.

Student Information

- Student name: _____
- Year level: _____
- Diagnosis: _____
- Date of plan: _____
- Plan developed by: _____
- Date of review: _____

Student Strengths and Interests

Document the student's genuine strengths and interests here. These form the foundation of a positive support approach.

- Strengths: _____
- Specific interests: _____
- What helps them feel safe and settled: _____
- What motivates them (not rewards — genuine interests): _____

Identified Areas of Support Need

- Demand avoidance triggers identified: _____
- Sensory sensitivities: _____
- Transition difficulties: _____
- Social and peer challenges: _____
- Regulation needs: _____

Classroom Adjustments



PDA Student Support Plan Template

For Australian primary and secondary schools

Consider including

- Flexible seating arrangements
- Movement and sensory breaks schedule
- Modified instruction language (choices, not commands)
- Task modification — format, length, or timing
- Transition support — advance notice, reduced demands before and after transitions
- Sensory adjustments — lighting, noise, workspace

Specific adjustments for this student: _____

Crisis and Escalation Plan

- Early warning signs for this student: _____
- Stage 1 response (early signs): _____
- Stage 2 response (escalation): _____
- De-escalation approaches that work: _____
- Safe person/space: _____
- What NOT to do for this student: _____

Communication Plan

- Primary contact at school: _____
- Primary contact at home: _____
- Frequency of communication: _____
- Preferred communication method: _____

Review

- Date of next review: _____
- Review participants: _____
- Signatures: Parent/Carer _____ Teacher _____ Principal/delegate _____

This support plan should be developed in genuine partnership with the student's family and, where appropriate, the student. For more detailed PDA school support guidance, visit pdaaustralia.com.au/schools.