

# **Suicide Risk Checklist for the Developmentally Disabled Person**

This checklist is a clinical instrument to assist in determining risk. It is not based on empirical research and/or scientific data. The information in this checklist is anecdotal and is based on years of clinical experience in working with developmentally disabled persons. This checklist should never be used alone. A good assessment will incorporate data from diverse sources including psychiatric, medical, psychological, familial and support staff.



<http://www3.telus.net/cfsg>

## **LOW RISK**

- ⇒ wanted staff to find out
- ⇒ attempt was not dangerous; drank bottle of cider thinking s/he would poison self
- ⇒ verbalized that s/he would kill self if s/he didn't get out on outing
- ⇒ no underlying psychiatric diagnosis
- ⇒ rarely engages in suicidal behavior
- ⇒ when asked if s/he wanted to die, s/he vehemently said "no".
- ⇒ no family history of depression and/or suicidal behavior
- ⇒ no history of suicidal ideation
- ⇒ strong support network
- ⇒ good self esteem
- ⇒ exhibits few behavioral difficulties
- ⇒ strong family involvement
- ⇒ strong community connections
- ⇒ good interpersonal relationships

## MEDIUM RISK

- ⇒ attempted to hide suicidal act with some success
- ⇒ talk of feeling lonely and alone; has had enough of life
- ⇒ self deprecating statements
- ⇒ attempted to swallow whole bottle of aspirin
- ⇒ some depressive symptomatology (ie. hopelessness)
- ⇒ family history of depression
- ⇒ has attempted to hurt self in the past by jumping in shallow lake
- ⇒ recent loss of friend who moved away
- ⇒ inconsistent contact with family
- ⇒ limited social connections
- ⇒ personality disorder
- ⇒ poor history of interpersonal relationships
- ⇒ socially isolated from community
- ⇒ lacks motivation/initiative

## HIGH RISK

- ⇒ established pattern of suicidal behavior
- ⇒ negative statements about self
- ⇒ poor self esteem
- ⇒ poor coping strategies
- ⇒ talks of suicide often/ describes plan
- ⇒ history of psychiatric disorder
- ⇒ family history of depression/ suicidal behavior
- ⇒ aware of close friends who attempted suicide
- ⇒ has ingested drugs and alcohol in the past
- ⇒ history of abuse
- ⇒ suicidal ideation
- ⇒ socially isolated
- ⇒ lack of significant family member or friend
- ⇒ experiences rejection
- ⇒ personal failure
- ⇒ previously hospitalized for attempted suicide
- ⇒ significant history of behavioral difficulties
- ⇒ personality disorder
- ⇒ lack of motivation/initiative

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Consulting for Solutions GROUP

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