

Positive Behaviour Support



Positive Behaviour Support (PBS) is an evidence based, effective approach for working with behaviours of concern. PBS is both positive and proactive.

Positive means that it focusses on increasing and strengthening helpful behaviours.

Proactive means anticipating where things may go wrong and preventing that from happening.

PBS has two main goals:

1. Maximising quality of life, and
2. Reducing behaviours of concern.

PBS understands that all behaviour has a purpose or a reason (this is called the 'function') it is not random or meaningless. It is important to complete an assessment of the behaviour to work out why it is happening.

At Woollybutt Specialist Services we start with an assessment of a person's quality of life, individual strengths, abilities and support needs and how well these are being met. This can identify changes that may need to be made in the persons life, the environment around them or the supports they need.

We also complete an investigation into the behaviour of concern, often through observation and data collection. This information is reviewed to help understand why the behaviour happens and keeps happening. It is essential to complete an assessment before deciding what strategies can be used.

Following the assessment we develop a behaviour support plan that has a number of parts including:

- developing an environment that maximises quality of life and minimises or removes the things that make challenging behaviour more likely,
- promoting positive behaviours;
- developing and reinforcing an appropriate behaviour that replaces the challenging one;
- a plan to respond to the challenging behaviour and teaching other new skills as needed.

The behaviour support plan needs to be implemented across settings consistently over time and its effectiveness reviewed and evaluated.

There is often no quick fix for behaviours of concern and PBS is an approach that takes commitment and time for results to be sustained.