

WHAT IS POSITIVE BEHAVIOUR SUPPORT (PBS)?



Positive Behaviour Support is an approach for supporting individuals with autism, a learning disability, and a range of other complex care needs. The aim of Positive Behaviour Support is to create a 'good fit' between a person and the environment that they live in.

Often there can be challenges for an individual within the environment in which they live that produces, what has been described as challenging behaviour. Often an autistic person or a person with a learning disability is unable to communicate the challenges that they face within the environment that they live.

The person may experience:

- Discomfort (e.g., noise, smells, or other sensory input that is uncomfortable) • Requests or activities that are too difficult, they don't enjoy, or that they do not see as important for them
- The need to be with others, the desire to spend time with people they like or love, but the person does not know how to achieve this
 - The need for something
 - They would like to go somewhere

What is regarded as 'challenging behaviour' can be seen as a way that an individual has learnt to communicate these needs.

The individual may be non-verbal, or their communication may be limited as a result of their different learning needs. The person may have learned that using behaviours that challenge can be more effective at producing the desired outcome than using spoken communication. Through understanding the individual, their diagnosis, and what the person is trying to communicate, a Behaviour Analyst can support them by optimising the person's environment and creating a good fit.

The overall aim of Positive Behaviour Support is to improve the quality of life for the person, their family, and to create opportunities for meaningful engagement with day-to-day life.

WHO IS IT FOR?

PBS can be used for a range of individuals with different needs – it is recommended for individuals who display (or are at risk of displaying) challenging behaviour. PBS is suitable for individuals with mild to severe learning disabilities, as the strategies used are always tailored to the person. If the person you support has a diagnosis of a learning disability, then PBS is likely to be suitable for them.