

To make a real difference to people's lives through living out our values



## Positive Behavioural Support (PBS)

**Positive Behaviour Support (PBS) is based on the following principles:**

- All actions are a form of communication e.g. if you cannot speak and are unhappy with something you might bang your hands on a table to try to communicate that you are not happy
- PBS is a way of understanding individuals without judging their actions
- Understanding how individuals communicate and finding a way to meet their needs is at the heart of successful PBS



At Future Directions Suzanne Ryan is our PBS lead. Please contact Suzanne if you would like more information.

We also have a training DVD available. Please contact Suzanne if you would like to know more.

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**Positive Behavioural Support**  
Training DVD

DVD

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**Positive Behavioural Support**  
Training DVD

[www.futuredirectionscic.co.uk](http://www.futuredirectionscic.co.uk)

## Scenario 2



A carer sits down with Paul to plan a shopping event. Pictures are used to agree what is wanted and where they will be going shopping. Paul gets ready to go shopping and he waits for the carer by the front door. Eventually they leave to go shopping but there is a change in where they are to go shopping. Paul becomes upset and pushes over the carer.



### Learning Activity

Engage the learner(s) in discussion by asking them to:

- Explore **what happened**.
- Explore **good or bad support** - what were the possible triggers / setting conditions leading to the person becoming upset?
- Split the event into the 'Green', 'Amber' and where appropriate the 'Red' Stages of the Positive Behavioural Support (PBS) cycle. Explore what could be done to prevent a re-occurrence.
- Explore what should happen after the event, the 'Blue' stage of the Positive Behavioural Support (PBS) cycle.
- Think about what would need to be considered as part of any Post Incident Debriefing.

## Some Learning Points

- Dignity and respect - there was good initial engagement with Paul and the use of pictures to support communication was good. There was clarity of what he was going to buy and where they would be going.
- Paul was ready to go, standing at his front door, but he was left waiting; this was probably the initial 'setting condition' that led to the eventual upset.
- The Carer changed their mind; there was no consultation or consideration regarding Paul's obvious communication needs.
- Behaviours will often have more than one reason or function so this is why an understanding (Functional Analysis) of the potential triggers or causes is important.
- Post incident - Conversation(s) should be supportive and aimed at the carer(s) and the person being supported. Conversation(s) should focus on sharing and learning from the positives and negatives, trying to understand what actually happened and taking measures to reduce the likelihood of a re-occurrence. Following which the team must ensure that support plans are updated from learning.



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