

# What is Positive Behaviour Support?



Positive Behaviour Support is a set of ideas like these:

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Behaviours that challenge others can stop or reduce when people have a better life, with the chance to take part in things more, and to take on valuable roles.

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We support people to build up their skills.

This might mean a person being taught new ways to get the things they need. Staff working to support the person also need to be taught new skills.

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We avoid restraint, seclusion or punishments for behaviour.

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All behaviour has a function for the person. Their behaviour might be a way to:

- a. Interact with people – or avoid interacting with people
- b. Get some food or drink
- c. Have fun
- d. Get away from a difficult situation
- e. Or something else

We use Functional Assessments to work out why someone is behaving in a particular way.

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Everyone involved joins in the assessment and the intervention. This includes the person, their family and staff.

Applied Behaviour Analysis is a systematic way of observing someone's behaviour, identifying desirable changes in that behaviour and then using the most appropriate methods to make those changes.

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We use Applied Behaviour Analysis (ABA) supported by other approaches, to assess and support the person to change their behaviour.

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We make decisions about how to support the person based on data at every stage.

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We plan ways to work with the person in lots of different situations.

Our main aim is to stop the person from wanting or needing to behave in a particular way.

If that does not work straight away, we have a plan for how to safely manage the person's behaviour.

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To make Positive Behaviour Support work, we need:

- a. To assess the behaviour thoroughly
- b. To write a clear plan
- c. To do most of the support before the behaviour even happens
- d. To set tight standards, monitor and evaluate the plan
- e. To make sure that support is continued long-term

Join the Surrey Positive Behaviour Support Network

Go to [www.surreypb.org.uk](http://www.surreypb.org.uk) to find out more about the Surrey Positive Behaviour Support Network.

Join the network to develop your knowledge and practice.

