# positive behaviour support summary

### What is positive behaviour support?

* It is a holistic approach to find out meaning to a person’s challenging behaviour and find ways to help them to achieve what they want in a way that is less challenging
* To understand the behaviour of an individual, an assessment of the person, their social and physical environment in which the behaviour happens is made
* Along with this understanding, the views of the individual and everyone involved are used to develop the support (strategies) that improve the quality of life for the person and others who are involved with them.

### Identify

* The existing/escalating or new behaviours resulting from Covid-19 restrictions
* Existing behaviours that have become problematic in the context of Covid-19 E.g. spitting, licking, inability to maintain social distancing
* The causes/reasons for the behaviour
* Strategies to prevent the behaviours escalating
* Support from professionals

### What are challenging behaviours?

Challenging behaviours can be in different forms such as:

* Self-harming : poking their eyes; hitting themselves
* Aggression toward others: hitting; pulling hair
* Repetitive behaviour: rocking back and forth; repetitive speech
* Not direct: unaware of dangers; destruction of clothing; touching everything
* In context of Covid-19: spitting; licking; not maintaining social distance have become much more challenging

Good PBS always starts from a good understanding of the person, their strengths, needs and the behaviour that challenges

### Impact

* Puts the safety of the person or those around them at risk
* Disrupts or threatens the person’s and/or family life
* Stops them taking part in social, educational and leisure activities
* Affects their development and learning
* Becomes an impediment to independent living and employment
* Affects the health and wellbeing of the person and their family
* Puts them at risk of being excluded from school (esp. mainstream where adjustments are not always considered), activities and other local services

**If not managed as well as possible, it leads to restrictive practices**.

### Why does challenging behaviour happen?

All behaviour happens for a reason

* To gain access to what they want/need but unable to communicate this to those around them
* Have problems understanding what is happening around them or unhappy about it and want to avoid/escape.
* They become under/over stimulated or frightened/overwhelmed by the task expected of them E.g. online school work
* Insufficient time for processing information, but expecting the person to respond
* Usual routine is disrupted E.g. school/college/work closed
* Usual activities are closed or restricted
* Rigid social distancing rules are difficult to understand and follow

### How can positive behaviour support help?

A formal assessment plan involves finding better strategies

* **Proactive strategies**: physical changes/teaching new skills to prevent the behaviour happening
* **Reactive strategies**: in response or during the incident to keep everyone safe
* **Restrictive practice** to be used as last resort but only when all non-restrictive strategies have not worked

Positive Behaviour Support may not completely cease the challenging behaviour but helps to reduce it and improve the quality and well-being of the person and people around them

### Iceberg metaphor

* What can you see? E.g. screaming, uncontrollable crying
* Why do you think it is happening? A sign of ‘hidden’ issues e.g. missing school, activities and routines, not understanding Covid -19 restrictions, unable to communicate.
* Look at changes and new skills to replace the usual ones e.g. replace bus drive to school with car ride to school and back.

### Useful introduction to PBS from BILD

An introduction to PBS from BILD : <https://www.youtube.com/watch?v=epjud2Of610>