

Positive Behaviour Support Team

The Positive Behaviour Support Team (PBST) is a community team supporting Adults & Children with learning disabilities whose behaviour is challenging.

The PBST works with individuals in their current settings which can be in the family home or in a commissioned care service. Positive Behaviour Support (PBS) is an effective and ethical framework for improving the quality of life of people with autism and learning disabilities who are at risk of displaying behaviours that challenge. It does this by developing a shared understanding of the person and their behaviour through detailed assessment and using this information to develop effective support.

The overall goal of positive behaviour support is to improve the person's quality of life and of those around them, making it less likely that challenging behaviour will occur in the first place.

The focus of the support is to ensure:

- The individual is receiving the right support, improving their social networks and teaching new skills.
- Personal development is based on an individual's needs, enabling them to adopt an ordinary life as possible.
- The individual does not have their quality of life reduced either directly or indirectly because of their challenging behaviour.
- The individual remains within their current setting and achieves a reduction in the behaviour where this is possible.

Often individuals with Learning disabilities or autism, can be subjected to discrimination due to the behaviours that they present, which can be seen to be challenging.

This means they are often excluded from School, College, Community Activities, Health Care treatment etc.

For some individuals it can end up with them being removed from the home environment, or restrictions are put in place via care plans and risk assessments which can impact on them having a good quality of life.

The PBST have a number of approaches to enable the individual who is seen as challenging to remain living in their family home and be supported by family members.

The PBST provide workshops for family members to understand Positive Behaviour Support and how to implement this within their family environment.

The workshops are provided over three, 2 hour sessions and to date this has been offered to 30 families.

The training looks at skilling families up to have an understanding of Learning Disabilities and Autism, to consider environmental issues that could be impacting on behaviour, and identifying triggering behaviours.

The training provides support with communication skills, developing structured days, calming strategies and learning new skills.

The Team have also worked closely with a number of individuals who are seen to be challenging to actively contribute to the development of their Behaviour Support Plan and then present and share this with those who support them.

Outcomes of the training

The training has prevented family breakdowns and reduced the need for people to be placed in a formal Care setting.

Supported individuals have remained in their educational placement or existing setting ie Supported Living.

Families feel more confident in supporting their family member and working alongside professionals.

Where individuals have played a more active role in developing their Support plan, they feel that they are being listened to and receiving the support they require.

The support plan developed has ensured consistency in the support being provided and challenging behaviours have reduced.