

Positive Behaviour Support

...and why it should be included in service specifications.

1. Behaviour that challenges services
2. Positive Behaviour Support
3. Service Specifications

Behaviour that challenges services

If people with learning disabilities do these things, their support staff can find it very hard to know to how to help.



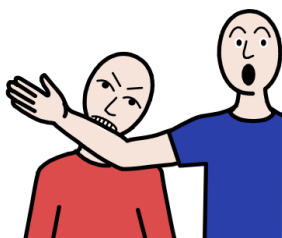
Shouting



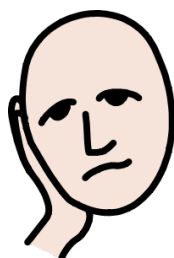
Hitting



Kicking



Biting



Not joining in

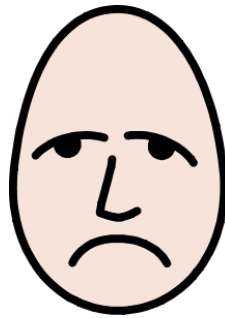


Hurting themselves

Some reasons why people do these things:



Pain or
feeling unwell



Unhappiness



Loud noise



They do not like
certain people



People don't understand
their communication



Being told to do
things they don't
want to do

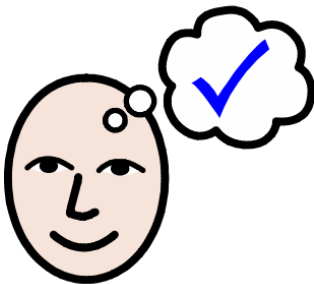


Genetics
(the type of learning
disability a person has)

Positive Behaviour Support

- **Positive** - good, helpful, respectful, hopeful
- **Behaviour** - the things that people do and say
- **Support** - help that people get with everyday things

It means trying to:



Understand why a person behaves the way they do.



Look at things like where they live and how they are supported.



Find ways to prevent the behaviour from happening.

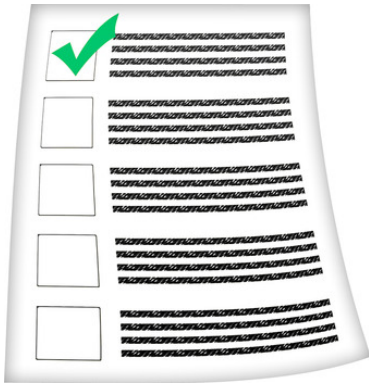


Find good ways to deal with the behaviour when it does happen.



Avoid the use of punishments to change a person's behaviour.

Service Specifications



- **Service:** A residential home, assessment centre or organisation giving people care in their own homes.
- **Specifications:** A list of things that organisations promise to do, in order to give people good quality care.

Positive Behaviour Support has been proved to work. This means it has been tried with lots of people already, and it has helped them and their support staff.

The specifications could include things like:



- Everyone whose behaviour challenges services must have a Positive Behaviour Support plan.
- This plan must be based on information about everything in the person's life that could affect their behaviour.



- People with learning disabilities and their families must be involved in creating Positive Behaviour Support plans.



- Organisations must work with people in person-centred ways.
- Staff must learn about Positive Behaviour Support.

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