



Paley

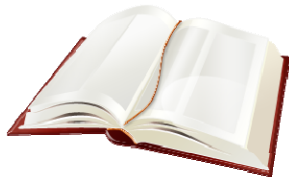
IMPLEMENTING POSITIVE BEHAVIOUR SUPPORT APPROACHES

ALL FOR A PLATE OF CHIPS!!

Sharon Paley

A SHORT STORY

- ◉ All for a plate of chips.....



POSITIVE BEHAVIOUR SUPPORT

- ◉ Its not rockets science
- ◉ Think about when you have needed help.....
- ◉ Who is best placed to help you and why?

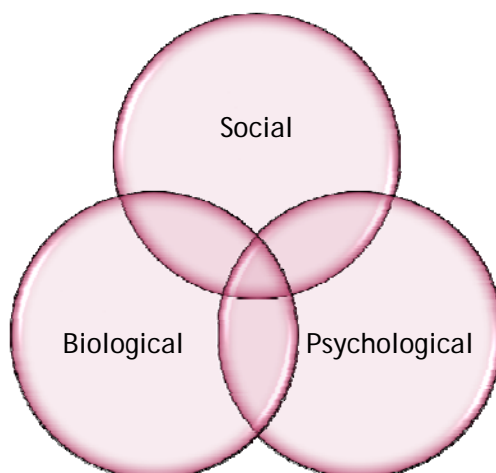
THIS IS MY SUPPORT



- ◉ He knows what I want
- ◉ Usually its tea very strong
- ◉ He recognises when I need more support
- ◉ He also knows when to 'back off'

WHY DO YOU THINK THE
PEOPLE YOU SUPPORT MAY
USE BEHAVIOUR?

RISK FACTORS



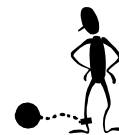
EXAMPLES OF RISK FACTORS AFFECTING PEOPLE.....

Social	Biological	Psychological
<ul style="list-style-type: none">• Excluded lifestyle• Institutionalised lifestyle• Poor social skills• Poor lifestyle skills• Lack of access to support services• Lack of family support systems/contact or chaotic lifestyles	<ul style="list-style-type: none">• Behaviour phenotype• Epilepsy• Associated health difficulties• Neuro-biological implications	<ul style="list-style-type: none">• Behaviours associated with trauma• Multiple life trauma• Poor resilience to maintain good mental health• Lack of self worth/confidence

TRADITIONAL BEHAVIOUR APPROACHES

- ◉ Foster environments of control in which behaviour is simply managed
- ◉ May trigger & reinforce socially unacceptable behaviour(s)
- ◉ Shift accountability away from the service/ school and onto the individual
- ◉ Devalue therapeutic relationships
- ◉ Devalue the importance of positive communication
- ◉ Excuse inappropriate sanctions within organisations
- ◉ Rely on consequences

LIMITATIONS OF BEHAVIOUR MANAGEMENT



- ◉ The only goal is to achieve rapid control over high risk behaviours
- ◉ They only provide a temporary solution
- ◉ They are not constructive or concerned with helping the person
- ◉ They may devalue the therapeutic relationship

Adapted from Allen (2009)

PRINCIPLES OF PBS

- ◉ **Value driven:** implementing PBS strategies will include accepting that individuals can contribute equally society
- ◉ **Positive communication:** PBS will increase the use of positive terminology and place an emphasis on appropriate communication
- ◉ **Appreciate the interaction between the individual and their environment:** understand how the individuals life experiences, (past and present) affect them and how they express themselves through their behaviour.

PRINCIPLES OF PBS

- ◉ **Increase independence:** while acknowledging the developmental difficulties experienced it is important to focus on developing the person's independence. Promote emotional and social wellbeing.
- ◉ **Promote emotional literacy:** ensure that people have opportunities to express themselves and support them to understand their own feelings
- ◉ **Create a positive environment:** It is important to acknowledge individuality, culture and life experience so that people are valued and develop feelings of self worth

PRINCIPLES OF PBS

- ◉ **Individual support:** Behaviour support should also be targeted to address the specific needs of the individual and their personal goals
- ◉ **Work towards achievable goals:** set goals that will motivate and are achievable within a timescale that is reasonable

Wakefield & Paley 2010

KEY PRINCIPLES TO APPLY IN PRACTICE

- ◉ Value individuals and their contribution
- ◉ Be aware of triggers for behaviours that are of concern, change environments where possible and offer support
- ◉ Involve the person in their support plans
- ◉ Involve the people who care for them in their support plans if appropriate



KEY PRINCIPLES TO APPLY IN PRACTICE

- ◉ Give options and choices don't try and 'win' the 'argument' it's about win win
- ◉ Use re-direction when you recognise the behaviour is escalating; direct the person to other activities or offer another option
- ◉ Reward acceptable behaviour and achievements as often as possible
- ◉ Offer 'rewards' at un-predictable times



BE HUMAN.....

- ◉ In human services we are often so busy trying to manage the 'problem out' we forget the human aspect of our work.
- ◉ Sometimes you put walls up not to keep people out, but to see who cares enough to break them down.

Anonymous

