



# POSITIVE BEHAVIOURAL SUPPORT

AN INFORMATION PACK  
FOR FAMILY CARERS



The Challenging  
Behaviour Foundation

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## Acknowledgements

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## Further information

To see all resources in this pack and additional information from The PBS Academy, The Challenging Behaviour Foundation and the Early Intervention Project go to:

[www.pbsacademy.org.uk](http://www.pbsacademy.org.uk)

[www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

[www.pavingtheway.works](http://www.pavingtheway.works)

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<sup>1</sup> The PBS Coalition laid the foundation for the establishment of the PBS Academy and all materials are now published under the PBS Academy name.

## Positive Behavioural Support: A family carer perspective



**I had never heard of Positive Behavioural Support** until I met the Challenging Behaviour Foundation in 2008-9. I found this was the best way to support my daughter, taking into account who she is, how she experiences life and what she might want in her life. This entails a cohesive approach from all sides (family and all professionals).

**It is not always easy** to work out what it is that my daughter wants. It can be difficult putting in place activities and things that may not be of her choosing but are needed to either broaden her world or get essentials done. It can be difficult achieving a consensus - sometimes there is a difference of opinion between family and professionals, this is never easy to overcome and families are systematically placed in the wrong. It was hard to get the right people on board and their commitment - carers and other professionals. There is not very much available in the community to support people with severe learning disabilities.

### **What were the benefits for your family?**

We started experiencing joy in caring for and supporting our daughter. Her self-worth rocketed. Her behaviour became less challenging and she was less confused and able to communicate her needs better. This made it possible to put in place strategies and plans to meet those needs and also to find ways of helping her understand her world and how it merges with other people's worlds a bit better. We started seeing our daughter's strengths and valuing her as an equal in the family. We had been seeing her behaviour as a difficulty which needed to be fixed and PBS helped us realise that it was us who needed to make changes to our perception and values – understanding that behaviour = communication. We are currently living together again and it seems to be working.



**Thanks to Kate for sharing her experiences and pictures of her daughter.**

## How to use this information pack

This pack of resources aims to provide information about Positive Behavioural Support (PBS)<sup>2</sup>. It explains what it is; what it looks like in practice; provides questions to ask to check that PBS is being delivered well in the setting you are looking at and guidance on how family carers can find out more including advice on training.

There are a number of things that people need to know and do in order to deliver PBS well and these are outlined in the PBS Competence Framework. The information in this pack is based on this framework. [Further information here](#)

We have tried to use words that are easy to understand throughout this pack. However, there are some words used in PBS that you may be unfamiliar with. We have explained these where possible in **Resource 2** so you can use this as a reference when faced with words that require explanation. However, you should always ask people to explain what they mean if you are in a situation where you are unclear.

There are **FIVE** resources in this pack. They can be used individually or together as a whole, depending on what kind of information you require.

### Resource 1 - [Click here](#)

#### What is Positive Behavioural Support?

This will help you understand what PBS is and offers links to other sources of information to develop your knowledge.



### Resource 2 - [Click here](#)

#### What should Positive Behavioural Support look like?

This will help you learn more about PBS and what you might see in a PBS service/school. It will tell you what people should be doing to support your relative and things you can ask to have a look at. For example, a behaviour support plan.



### Resource 3 - [Click here](#)

#### Questions to ask to check whether Positive Behavioural Support is being used well

This will provide you with some questions to ask of a professional or service about the quality of PBS being offered. This might be helpful if you are choosing a provider or as a way of preparing for an assessment of your relatives's needs.



### Resource 4 - [Click here](#)

#### Family carers using Positive Behavioural Support

If you want to find out more about PBS for your relative, including guidance about further training for yourself, this resource can help you.



### Resource 5 - [Click here](#)

**Practical tools** Here are a range of examples and templates to help you use and understand PBS.



<sup>2</sup> Positive Behavioural Support is sometimes referred to as Positive Behaviour Support. The PBS Academy uses Positive Behavioural Support to ensure that the emphasis is not on specific behaviours but on a behavioural approach to understanding and working with challenging behaviour.