



**care bridge**  
— specialists —

## POSITIVE BEHAVIOUR SUPPORT

### What is Positive Behaviour Support (PBS)?

PBS is support surrounding the challenging behaviour, that is behaviour that is of such an intensity, frequency and duration as to threaten the quality of life and/ or physical safety of the individual or others. For example:

- Self-injury
- Injury to others
- Destructiveness
- Severe levels of aggression
- Disruptiveness

As support over the years has moved from institutionalised to community-based models of care, PBS has evolved into a values-led approach whose goal is to achieve enhanced choice, competence and participation.

PBS is focused on understanding the following:

- Why, when and how behaviour happens?
- What purpose does the behaviour serve? (What do they aim to communicate?)
- What adjustments can we make to reduce the likelihood of the behaviour being triggered?
- What does behaviour look like at baseline so that we can recognise when they are moving away from this?
- Which proactive (70%), active (20%) and reactive (10%) approaches will enable a better quality of life

At Care Bridge Specialists we are passionate about PBS to therapeutically support individuals to have a happy and fulfilled life and to have a meaningful and positive experience as part of that. All our Autism and Learning Disability Specialist Practitioners fully and consistently role model and implement person centred PBS strategies and interventions. They are ambitious in their aim to remove the disabling conditions of life and build enabling ones.

With the right positive behaviour support individuals with autism and learning disabilities are able to:

- Have a presence and participation in the community,
- Fulfil valued roles
- Have satisfying personal relationships
- Gain competency with skills
- Express their own personal preferences and choices



## Training

We know that the success of any Positive Behaviour Support plan rests on the abilities of those charged with putting them into practice and therefore Care Bridge Specialist Practitioners training, experience and pedigree is vital.

Care Bridge Specialists are trained to use the person-centred approach of PROACT-SCIPr-UK® and comply with Restraint Reduction Network (RRN) Standards. The emphasis is on a whole approach to support prevention rather than intervention and the aim is to raise a person's self-esteem, improve quality of life and empower them to live a more independent and fulfilling life.

With the ongoing support of our in-house PBS Lead, ABA Behaviour Analyst, RNLD and RMN they:

- Understand the four functions of behaviour: sensory, escape, attention and tangible and the triggers that prompt it
- Take the time to learn: What an individual likes? What is a good day for them? How do they like to be communicated with? Who is important to them?
- Identify interventions that will reduce the risk of behaviour escalation
- Implement proactive, active & reactive strategies
- Identify behaviour settings and modify the environment or context as part of antecedent interventions
- Model expected behaviours
- Teach behavioural skills using task analysis (breaking a complex skill into smaller components)
- Use positive reinforcement with concrete rewards to encourage desired behaviours as well as reduce and improve behaviours of concern
- Address self-injurious behaviour with response interruption and redirection
- (RIR); Teach new skills and reinforce alternative, more beneficial behaviours
- Use tools which include but are not limited to: ABC charts, handovers, behaviour tallies and frequency charts, interaction profiles and communication passports

Such a high level of training and expertise means that Care Bridge Practitioners are able to create and tailor everything they do to meet the individuals' specific needs and preferences. Furthermore, they are able to offer effective Positive Behaviour Support with a long-term focus because we know that so many challenging behaviours are of a long-term nature and in order to achieve their desired outcomes PBS plans and actions must be reviewed and accordingly adapted on a regular basis.

## Technology

Every Care Bridge Specialist team that supports a hospital transition or a placement in crisis will be appointed a Team Leader who takes responsibility for a tablet. Tablet technology allows them to complete and send any handovers and incident forms directly to our Positive Behaviour Support Lead who can then instantly access information regarding challenging behaviour incidents and the reasons for them.

Hence by embracing technology, we have found that we can better and more quickly analyse behaviour, update PBS plans and give best in class guidance to our Specialist Practitioners who in turn are able to provide the very best support to the individual whose emotion, engagement and accomplishment is at the centre of everything we do.