



Positive Behaviour Support

Positive Behaviour Support (PBS)

Is a person-centred approach

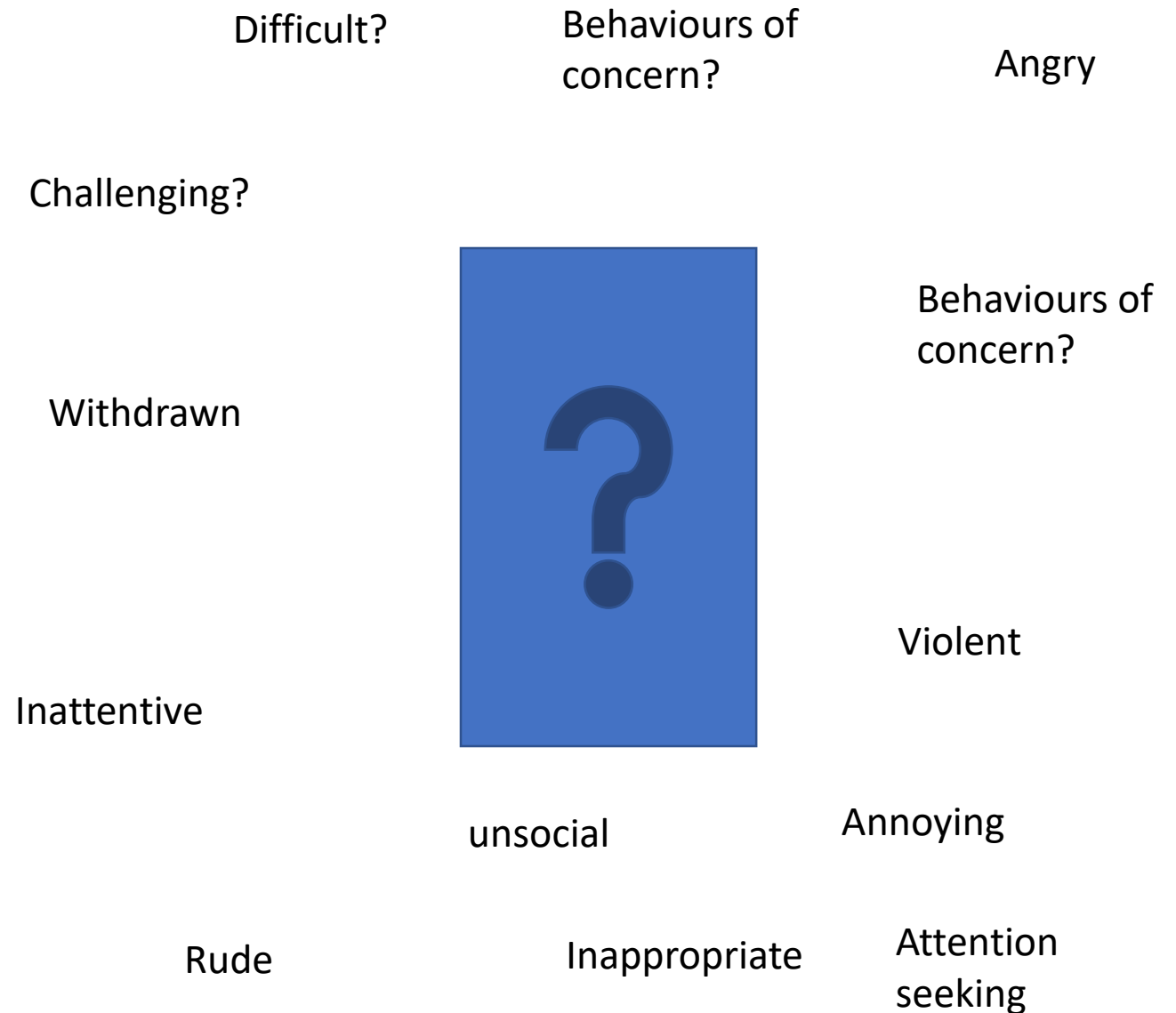
Non aversive (does not use punishment)


An effective intervention approach

Reduces the frequency intensity and duration of behaviours of concern

Sits alongside the 'rights of the person' with a disability and Human Rights and EGL principles

What language is often used to describe a person's challenging behaviour?





Lets re-think that.....
Could the Person's behaviour
be....

- A way to communicate
- Telling us what is wrong or missing e.g.
- ☐ I don't understand _____
- ☐ That's too loud
- ☐ That's too confusing
- ☐ I'm unwell, hungry, tired
- ☐ I'm bored, frustrated
- ☐ Notice me, listen to me, acknowledge me,
include me
- ☐ Leave me alone
- ☐ I want a friend/relationship
- ☐ What else????



All behaviour serves a purpose and is functional



Lets look a bit closer

Challenging Behaviour is often attributed to the person demonstrating the behaviour

However, the challenge often belongs to the people surrounding the person

We need to ask....

- Why does the person need to engage in that behaviour?
- What can we do to support the person

Challenging behaviours are often messages that can tell us important things about the person and the quality of their life

We need to look at the 'whole picture'

We need to be the 'detective'

We need to observe

Its not about changing the person

Its about changing...



the environment



Systems



Practices



***Supporting the person
to make positive
behaviour choices***

Challenging Behaviour

things to consider

☐ **Routines and rituals**

Predictable environments and familiar routines might be important and could cause confusion if broken. For example, a change of teacher, change in route that is taken, change of activities, change in the way something is normally done.

☐ **Transitions**

Understanding it's time to move on from one activity to another. Or changing environments, home, new activities, new people, classroom, school etc

☐ **Sensory sensitivities and Sensory overload**

Is the environment, too loud, bright, noisy, confusing, too many people, different smells, too overwhelming, too much.

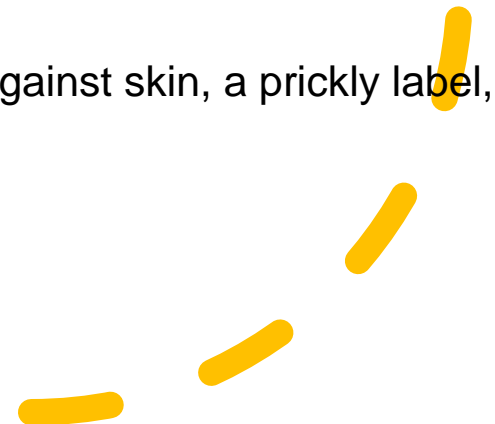
☐ **Unrealistic expectations**

Is the person frustrated if they're expected to do something they don't have the skills for, like getting dressed independently, following or completing a task.

☐ **Discomfort**

This could include things like the feeling of clothes against skin, a prickly label, wet pants, a bump or pain..

☐ **Anything else??**



Challenging Behaviour

More things to consider

- Why does the person behave in this way?
- Can we modify the environment that triggers the behaviour?
- Can we teach the person new skills to meet their needs so they can use new skills not the challenging behaviour?
- Have we got clear strategies to safely manage the situation?
- Is the person having trouble understanding what's happening around them – for example, what other people are saying or communicating non-verbally?
- Does the person have effective ways of communicating their own wants and needs- e.g communication devices, sign language, body language etc
- What do they like to do, what are they good at?
- Anything else?....
- Is the person living the best life they possibly can?

➤



De-escalation Tips

- Stay calm
- Manage your own response
- Set limits
- Handle challenging questions
- Prevent physical confrontation

Some Strategies to try...

Set clear expectations

Model positive
behaviour

Be consistent

Acknowledge effort

What else?

Behaviour specific
praise e.g that's great
Luke that you waited
for your turn to choose
a game

Some resources and Support

Education-

- RTLB (Resource Teacher Learning and Behaviour) <https://www.education.govt.nz/school/student-support/special-education/resource-teachers-learning-and-behaviour-service/>
- IWS (Intensive Wraparound Support) <https://www.education.govt.nz/school/student-support/special-education/intensive-wraparound-service-iws/>
- Psychologists
- Behaviour support <https://www.education.govt.nz/school/student-support/special-education/behaviour-services-to-help-schools-and-students/behaviour-services-and-support/>
- Incredible years programme (Education) <https://pb4l.tki.org.nz/Incredible-Years-Parent>
- School counsellors (secondary)

Explore (NASC referral)

<https://www.healthcarenz.co.nz/service/explore-specialist-advice/behaviour-support-services/>

MAPA training <https://www.crisisprevention.com/en-NZ/Our-Programs/MAPA-Management-of-Actual-or-Potential-Aggression>