

This is a transcript for the video “What is Positive Behaviour Support”

Transcript begins.

All people have the right to live a good life, but sometimes things get in the way of living the life that we want.

For example, our environment might not help us do the things that are important. We use behaviour to communicate and to try to achieve what's important to us.

All people behave. Behaviour is how we interact with our environment and those around us. It can help us make friends and do things that are fun, but it also lets others know when things need to change.

For example, we might need something we don't have, or we might not want to do something, or we might want things done differently.

Sometimes when a person's behaviour is not heard or understood, and when they don't have other ways to let people know what is important, they might use behaviours that present risk of harm to them or others.

This can negatively impact on the person's relationships and opportunities. In these situations, a person might benefit from positive behaviour support referred to as P-B-S. PBS helps us learn about a person and to understand what is presenting a challenge for them and others.

It helps us to build a capable environment with responsive systems, skilled staff, and activities and settings that reflect a person's values and preferences. Where specialist PBS processes are needed.

A PBS practitioner will work with the person and their support team to develop an individualised PBS plan.

This is informed by comprehensive assessment and focuses on improving the environment and learning new skills that prevent challenging situations and support quality of life improvements for the person.

Developing and implementing a PBS plan requires time and specialist knowledge and skills.

For example, practitioners require expertise in the PBS framework and specific practice models, behaviour analysis, and often knowledge around disability specific theory and perspectives.

It is therefore important that PBS practitioners seek formal training and professional development opportunities to ensure they have the skills required to guide evidence-based practices, and to adequately support families and service providers to make sure the plan is being implemented as intended.

The person should have confidence that they are receiving high quality PBS services that help to protect their human rights and support them to live a good life.

Transcript ends.