



# What is Positive Behaviour Support?

Positive Behaviour Support (PBS) is an approach to supporting people with disability to live a good life and prevent or eliminate the need for challenging behaviours. PBS provides a framework for learning about a person and their support needs, and working with them to build the supports and systems that will help them live a good life.

PBS is grounded in person-centred practice and seeks to protect a person's human rights. It is focussed on systems change and skill development (for the person and support providers) and utilises behaviour science and other evidence-based approaches (therapies, techniques, strategies) to support quality of life improvements and address challenging behaviours.



## How does PBS help?


Sometimes people display challenging behaviours because something is not going well and needs changing. PBS provides an approach to understanding the environment and systems around a person and to identifying what supports will help. **Systems** may include a person's home, community, school, workplace, etc. - all environments that are important for a person.

A PBS practitioner will start with identifying the person's values (what's important to them; how they want to live their life) and will work closely with the person to ensure PBS processes align with what is important to them (e.g., who will be involved and how they want to be supported).

The practitioner will develop a targeted intervention plan (a written document) that includes supports and intervention strategies that help the person achieve their goals.

Sometimes we refer to the PBS Process, because PBS is about more than writing a plan:

- It's a process of listening and learning how best to help the person reach their goals.
- It involves working closely with the person and other stakeholders (e.g., family, support staff, teachers, PBS practitioners) to make sure supports and strategies are implemented as intended.
- It involves stakeholders thinking flexibly about the needs of the person and their supporters.
- It involves stakeholders looking for information to help make decisions about what to do and when.
- It uses evidence-informed practice, which means that decisions are based on evidence and not on beliefs and assumptions.



PBS works best when practitioners stay involved to monitor progress, when they are available to help the person and their support team use the PBS plan, and when they modify the plan when needed.