



Using Positive Behavioural Support to Have a Good Life Guide for Supporters



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Further information

www.pbsacademy.org.uk

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

What is this guide for?



This guide will explain how to help someone use the 2 books in this pack.



This pack has been made to help someone think about what they need to have a good life.



The goal of Positive Behavioural Support (PBS) is to improve a person's quality of life and avoid the need for behaviours which challenge.



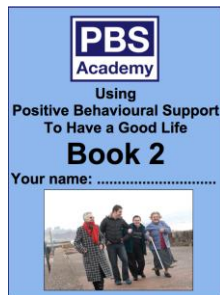
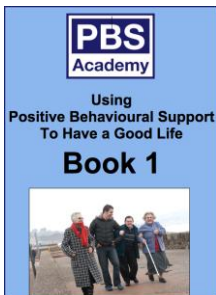
When we use PBS there are lots of **things we need to know and do**. These are listed in the PBS Competence Framework.



An important thing to do when using PBS is to make sure the person is involved in developing their own Positive Behaviour Support Plan.

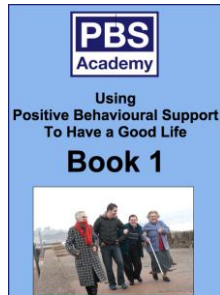


This pack can help people to say what things are important to them to have a good life. These things should be in their Positive Behaviour Support Plan.



This pack has **two** books. You will need to help the person use **both** books.

How to Use the 2 Books in this Pack



Book 1



Book 1 gives **key information** about:

- What important things make a good life
- What can happen if important things are missing from someone's life
- What Positive Behavioural Support is
- What a Positive Behavior Support Plan is



Sit somewhere the person is comfortable.
Go through the book at the person's own pace.

You may need to split the book and do one bit at a time.

You may also need to do it more than once.



Look at the pictures together and read the words if the person is able to.



Use the best way for the person to understand the information. For example, signs, talking mats, objects and drawing.



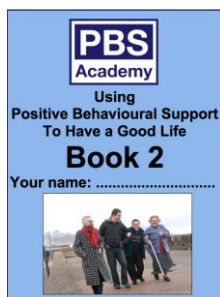
Relate the information to the person to make it easier to understand. For example, “Remember when your radio was broken, you got really upset and banged your head”.



Watch the film. It lasts 6 minutes in total. It will help explain the things in this book. Watch it in one go or in short clips.



After each clip, you can talk about what the film said.



Book 2



Book 2 is a **workbook** to help the person think about a good life. It gives some examples of things that make a good life.



There is a space for the person to fill in their own important things.



There is a space to think about what is stopping these from happening and how to help make them happen.



Go through Book 2 in a separate session to Book 1. Sit somewhere the person is comfortable.



Go through each section in Book 2, one at a time.
You may need to do this over several days.



Look at the pictures together and read the words if the person is able to.



Use the best way for the person to understand the information. For example, signs, talking mats, objects, drawing etc.



Use your knowledge of the person to help them think about the things that are important to them.



Use examples to help explain things. For example: “You do not like sitting with nothing to do. That is why we go out for long walks. You love walking outdoors”.



Let the person write things into their Book 2 or help them to do this. You can draw things, stick photos or pictures into the book. Use the method that helps the person understand.

A worksheet with a blue header box containing the text "What is stopping you from having all these things?". Below the header is a large white rectangular area for writing. To the left of this area is a small icon of a pencil and the text "Write them here".

Help the person write down what might be stopping them from having these things. There might be different reasons for not having things. Some might be about the person. Others might be about where they live, people who help them, friends, family, money or transport etc.



Help the person think about what needs to happen to get them what they need.



This information should be in the person's positive behaviour support plan. This is how the person tells us what they need to have the best life they can. This is a **key outcome** of Positive Behavioural Support.

References

British Institute of Learning Disability (2015), “An Introduction to Positive Behaviour Support” animation from <http://www.bild.org.uk/our-services/positive-behaviour-support/capbs/introduction-to-pbs/>

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