Using Positive Behavioural Support to Have a Good Life
Guide for Supporters
Using Positive Behavioural Support to Have a Good Life has been produced by the PBS Academy and is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License.

All organisations and individuals are welcome to use this resource and to remix, tweak, and build upon the content even for commercial purposes, as long as they credit this resource, the PBS Coalition\(^1\) Competence Framework and the work of the PBS Academy and license their new work under the identical terms.

The Photosymbols in this resource are not part of the Creative Commons license and are subject to copyright. They cannot be reproduced or modified without an appropriate license.

**Acknowledgements**

The development of Using PBS to Have a Good Life was made possible with the help of a number of organisations and individuals who were part of a working group that contributed to its content and road tested materials.

We would like to thank representatives from the PBS community, including The British Institute of Learning Disabilities (BILD), and people supported by Mencap and their support workers for their help with this project.

Thank you also to Skills for Care for the use of their facilities for the workshops.

We appreciate the feedback and help from members of the Challenging Behaviour National Strategy Group in developing this resource.

Thanks to Photosymbols for the use of the images.

Finally we are grateful to Mencap who gave us funding for the completion of this project, as well as help with the production of this resource.

**Further information**

[www.pbsacademy.org.uk](http://www.pbsacademy.org.uk)

\(^1\)The 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.

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


