Using Positive Behavioural Support To Have a Good Life

Book 2

Your name: .................................
What kinds of things are important to you to have a good life?

Use this book to tell people what you need to have a good life.

These things need to be in your positive behaviour support plan.

Look at the things on the next pages.
What are the things you want?
What are the things you need?
Why?
What do you need to get them?

Ask someone who knows you well to help you.

Write things down in this book yourself. Or ask someone to help you.
Choosing where you live
Living with people you like
Feeling safe
Doing things you want to do

Some examples might be:

“I live with my friend. Living with lots of people was too noisy and I was scared. I used to swear at them.”

“I live in a house on a busy street. I can see buses from my window. Going on a bus is my favourite thing.”
What things are important about where you live?

Write them here
Spending time with family, friends and someone special
Being with people who are nice
Meeting new people and making friends

Some examples might be:

“I like being with Mum and Dad. They know when I rock I want to be on my own”.

“I go to a swimming club. My friends use Makaton signs to show me what to do.”

“I get bad headaches and bang my head. My staff give me tablets to help.”
What things are important about people you spend time with?

Write them here
Choosing what you want to do
Choosing things you like
Being given help to choose

Some examples might be:

“If there is nothing to do I get bored. Sometimes I break things.”

“I use pictures to choose what to have for dinner. I shout at people when I don’t get things I like.”
What things are important for you to choose?

Write them here
Doing things for yourself
Being given the right help to do things
Being given the right help to stay healthy
Going to places where other people go

Some examples might be:

“I go to work. Having a job helps me not to feel down.”

“I hold my own spoon to feed myself. This stops me from biting my hand when my Mum doesn’t feed me quickly enough.”
What things are important for you to do yourself?

Write them here
What is stopping you from having all these things?

Write them here
What needs to happen to help you have these things in your life?

Write them here
Putting things in your Positive Behaviour Support Plan

These important things need to be in your positive behaviour support plan.

Talk to the people that help you.

Tell them about the important things that you need.

Show them what is in this book.