



Positive Behaviour Support (PBS)

*Information Leaflet for families and
carers of adults with learning disabilities
living in South Worcestershire*

This leaflet is designed to help families and carers to understand how Positive Behaviour Support can help people with learning disabilities who are at risk of presenting behaviours that are concerning and challenge.

People with learning disabilities sometimes display behaviours that challenge.

Common examples of concerning behaviours include:

- **Self stimulation** – eye poking, picking skin, pulling hair, slapping self.
- **Self-injurious behaviour** – cutting, biting, head banging.
- **Abuse towards others** – hitting, scratching, punching, verbal abuse.
- **Property destruction** – throwing furniture, tearing magazines, breaking chairs.

Other types of behaviour are rarer but can also be concerning and challenging, for example, obsessions with dangerous items, sitting in the road when out, stripping in public, stealing, setting fires, sexually inappropriate behaviour and swearing.

There can be many reasons for concerning and challenging behaviour. Contributing factors can include communication or interaction issues, because of pain or illness, environmental overstimulation or under-stimulation or sensory deficits.

Concerning and challenging behaviours can reduce the quality of life of the person and their carers. It can lead to social exclusion.

Family and carer rights

- Carers have a right to a formal assessment of their own needs from Social Services
- You may be eligible for replacement care funded by Social Services
- You may want to access family advocacy
- Family and carers have the right to seek a second opinion on the treatment we are offering them

Sources of national advice and support

- www.bild.org.uk - website for the British Institute of Learning Disabilities. Visit the BILD Website to see a short clip about Positive Behaviour Support:
- www.challengingbehaviour.org.uk – website for the Challenging Behaviour Foundation, a charity for people with severe learning disabilities
- www.autism.org.uk – website for the National Autistic Society
- www.mencap.org.uk – website for Mencap.



What happens when a person is referred to South Worcestershire's Community Learning Disability Service for a behaviour that is concerning and challenging?

- We meet with the person, their family and carers to discuss the referral
- We may carry out a detailed assessment which could include interviews, observing the person and the use of recording forms. Part of the assessment looks at why the behaviours happen at particular times and particular situations. This is called a functional assessment.
- We may need to carry out the assessment in more than one setting (e.g. home and college).
- When we have completed our assessment we meet to discuss our findings to develop what is referred to as a formulation.
- Based on our formulation we then devise a Positive Behaviour Support Plan.

Who may be involved?

- Clinical Psychologists
- Behaviour Specialists
- Speech and Language Therapists
- Occupational Therapists
- Learning Disability Nurses
- Care Managers
- Social Workers
- Specialist Doctors

We also know that it is really important that family members, carers and paid staff are fully involved in the positive behaviour support process.



What does a Positive Behaviour Support Plan include?

- An explanation of why the person is at risk of displaying behaviours that are concerning or challenging
- Ideas about how to improve the person's quality of life, including access to meaningful activities and community participation
- Recommendations about how to prevent behaviours of concern or that challenge and how best to respond when incidents occur.
- It may include teaching the person new skills or ways to manage their emotions. This may involve individual therapy.

Other recommendations may include:

- Consultation with families and carers
- Staff Training
- Review of existing support package through social services
- Additional support for families and carers

We can advise you on what is available locally in terms of family support and information including skills training and emotional support.

What is Positive Behaviour Support?

Positive Behaviour Support (PBS) is a framework for improving the quality of life of people with autism and learning disabilities who are at risk of displaying behaviours that are concerning or challenge.

It does this by developing a shared understanding of the person and their behaviour through detailed assessment and using this information to develop effective support.

PBS focuses upon improving the quality of life for people by helping them get the right support, improving their social networks and teaching new skills.

One of the principles of PBS is that if you can teach someone a more effective and acceptable behaviour than the one causing concern, then the behaviour that challenges will reduce.

In line with national guidance and current good practice, Worcestershire Health and Care NHS Trust and Worcestershire County Council are committed to using a Positive Behaviour Support approach with all of our referrals for people with learning disabilities who display behaviours that are concerning or challenge.



Local support

Onside Independent Advocacy

Address: Williamson House, 14 Charles Street, Worcester, WR1 2AQ

Telephone: 01905 27525

Fax: 01905 28554

Email: info@onside-advocacy.org.uk

SOCIAL CARE

Social Services: Tel: 0845 607 2000

Contacting the team:

Our address is:

South Worcestershire Community Learning Disabilities Team

Wildwood Building

Ground Floor North

Wildwood Drive

Worcester

WR5 2LG

Tel: 01905 844716 or 01905 845439

Fax: 01905 765876

Email: LDSouthadmin@worcestershire.gov.uk

Opening Times:

The team can be contacted from 9:00 am to 5:00 pm, Monday to Friday.

Out of Office Hours the Emergency Duty Team can be contacted on 01905 768020.

Do you have a concern, complaint or comment?

We always value feedback from you about the care you receive and you may be contacted to comment on the service. However, if you wish to make a compliment, comment or complaint please contact:

Patient Relations Team
Worcestershire Health and Care Trust
Isaac Maddox House
Shrub Hill Road
Worcester
WR4 9RW

Tel: 01905 681517

Email: Whcnhs.pals@nhs.net

Do you have a communication or information support need?

If so please contact the person who gave you this leaflet so that those needs can be recorded and responded to.



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