



# Positive behaviour support

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Positive Behaviour Support (PBS) is best understood as a human rights-based framework for reducing behaviours of concern and increasing quality of life outcomes for people with disability and those who care for and support them.

In 2022, BILD UK published an updated framework for application of PBS in a disability context (Gore et al., 2022) that can be considered best practice in Australia as well as internationally. This framework can be used to outline core elements of PBS. The main features of PBS informed practice in a disability context are summarised below.

## **Rights and values – putting the rights of people and quality of life first**

This includes:

- taking a person-centred approach to understanding what people need and how best to address those needs.
- considering the impact of the environment on a person and supporting their self-determination, or ability to make choices and decisions.
- working in partnership with people and key supports around them to develop a shared understanding of needs and the supports required to address those needs. PBS is the responsibility of everyone, not just behaviour support practitioners.
- eliminating and reducing restrictive and abusive practices.

## **Adopting a contemporary and evidence-based approach to understanding behaviour, needs and experiences of people**

This consists of:

- using a biopsychosocial model of behaviours of concern/challenging behaviours. That is, accounting for biological and genetic influences, psychological factors and social and environmental impact to understand what a behaviour may be communicating.
- using social learning theory and a behavioural lens to understand learning, experience and interaction with others.
- taking a holistic approach and considering expertise from multiple professions.



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### Adopting a systemic and holistic approach to developing high quality support environments around people

This means:

- ensuring that decisions about how best to support someone are evidence based and informed by objective data and information.
- cultivating high quality care and support environments around people, also referred to as Capable Environments.
- developing individualised (bespoke) assessment of unmet needs underlying behaviour.
- writing personalised support plans that outline how best to understand a person's needs and how to support those needs.
- implementing, monitoring and evaluating effectiveness of supports.

### Positive behaviour support and restrictive practices

PBS provides a lens which a person's needs can be well understood and supported. When this happens, the behaviour of concern that led to the decision to use restrictive practices in the first place is less likely to occur. As such, PBS practice facilitates reduction and elimination of restrictive practices.

## References

- Gore NJ, Sapiets SJ, Denne LD, Hastings RP, Toogood S, MacDonald A,..Williams D (2022) 'Positive Behaviour Support in the UK: A state of the National Report', *International Journal of Positive Behavioural Support*, Volume 12, Supplement 1. <https://www.ingentaconnect.com/contentone/bild/ijpbs/2022/00000012/a00101s1/art00001>
- Peter McGill (2022) 'Capable Environments explanation and resources'. <https://www.bild.org.uk/wp-content/uploads/2020/05/McGill-et-al-Capable-environments.pdf>

## Contact information

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