What is Positive Behaviour Support?

Behaviour+ uses a Positive Behaviour Support (PBS) framework for early intervention and beyond when working with families. PBS is considered to be an applied science of human behaviour. The basic concept of PBS, is to analyse the functions of challenging behaviour by taking a multidimensional and holistic approach in investigating all stages of behaviour. This allows our Therapists to create positive and preventative strategies to manage challenging behaviours that can be used to emphasise quality of life and meaningful participation for your child and family.

As an evidence-based framework, PBS is designed to enhance academic, social and behavioural outcomes. PBS adopts a person-centred practice that designs intervention and supports that follow a strengths-based approach. The focus remains on teaching alternative skills in a proactive, educative, and reinforcement-based manner.

What are the desired outcomes of PBS?

The desirable outcomes of PBS include:
- Successful inclusion in the school and community
- The ability to appropriately and effectively communicate wants and needs
- Improved quality of life including your child's interests and preferences
- Improved functioning of the family unit

Does Behaviour+ conduct assessments?

Before an intervention plan can be developed, typically an assessment must take place in order to understand why the challenging behaviours are occurring. Our therapists use a Functional Behaviour Assessment (FBA) to determine the function of the behaviour, by determining what happens before, during, and after the behaviour is elicited. This often involves collecting data in different ways including parent/caregiver interviews, observations, questionnaires and reviewing any existing reports/information. It is also common practice for this to occur in different environments so that the whole picture can be understood.

FBA's essentially collect information to ensure that there is a clear picture around:
- What is the target behaviour?
- What is the Antecedent, Behaviour and Consequence (ABC's) of the behaviour?
- What are the situations or events that increase the likelihood and intensity of the target behaviour occurring?

Positive Behaviour Support Plans

After the assessments are complete, data-based decision making is used to formulate a plan to reduce the challenging behaviours through providing more appropriate replacement behaviours. From this, a Positive Behaviour Support Plan (also known as a Behaviour Support Plan) is created. This plan includes a detailed overview of the target behaviours, as well as the preventative and reactive strategies that will be implemented to achieve your child's goals. We provide training for all relevant stakeholders in how to understand and implement the plan, including those within and outside the family unit. Over time, data is regularly taken to track the challenging behaviour, and ongoing reviews are completed to ensure that the strategies are working, allowing for any necessary changes to occur if required.

What are some strategies that are used in PBS?

When designing support strategies, Therapists take the following into consideration: empirical evidence, clinical expertise, resources available, and the client's values. Some PBS approaches include: changing interactions, altering environments, removing the trigger, prompting desirable behaviours, teaching skills, removal of consequences that maintain problem behaviour, and reinforcing preferred behaviour.

What is the connection between Applied Behaviour Analysis (ABA) and PBS?

Applied Behaviour Analysis (ABA) is a systematic behavioural approach aimed at understanding and improving behaviour. Positive Behaviour Support can be considered an umbrella term, where it has actually evolved from ABA. Even today, ABA is considered one of the therapies used within the Positive Behaviour Support Framework as ABA has provided a conceptual framework relevant to behaviour change. It has also provided a number of assessment and intervention strategies that allow us to implement PBS.

ABA has also evolved over time and present-day ABA is still data-driven and the focus remains on understanding the function of the behaviour. ABA determines the Antecedent, Behaviour and Consequence (ABC's) which is inherent to behaviour change. It then utilises task analysis to teach new skills and reinforcement is used for motivation, thus reducing undesirable behaviours. Lastly, skill generalisation is considered and actioned in order to increase the person's success across all of the different aspects of their life.

How does Behaviour+ deliver Positive Behaviour Support?

Behaviour+ is a Positive Behaviour Support provider and we use Applied Behaviour Analysis (ABA) as one of our main therapeutic interventions for early intervention. We also use a whole range of other evidence-based therapies that are delivered by our multidisciplinary team of Psychologists, Occupational Therapists, Speech Pathologists, Special Educators and Behaviour Specialists.

We work with the whole family and key people in the child's life in order to create meaningful goals and teach the strategies that are used to address challenging behaviours. We remain flexible in our service delivery, which we offer in the natural environment, including home and school. We also work with the child's preferred reinforcements to ensure there is an incentive for their new behaviours. We work in a holistic manner and ensure that we collect data to track your child's progress. Most of all, we are here to answer any questions that you have so you remain informed and engaged throughout the whole process.

How can I access behaviour services at Behaviour+?

To access services at Behaviour+ simply visit www.behaviourplus.org and fill in the Registration Forms. Alternatively, you can call our friendly Receptionist on (02) 9569 7700 or send us an email on info@behaviourplus.org. They can answer any questions as well as email the Registration Pack to you.

For more information, please contact us on (02) 9569 7700 or info@behaviourplus.org