BEHAVIOUR THAT CHALLENGES:
POSITIVE BEHAVIOUR SUPPORT

PROJECT

ESTIA CENTRE 2016

PRESENTER

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WHAT IS CHALLENGING BEHAVIOUR?

WHAT DOES “CHALLENGING” MEAN?
15-20% of people with learning disabilities are described as having challenging behaviour. The main causes cited are:

- Communication
- Pain & health causes
- Mental illness
- Neurological conditions, e.g. epilepsy, dementia, ADHD
- Behaviour phenotypes - Tourettes, Retts, Autism
- Trauma
- Sensory impairments
- Social knowledge & understanding
- Skill deficits
WE HAVE SEEN AN INCREASE IN ATTENTION TO POSITIVE BEHAVIOUR SUPPORT

THIS HAS BEEN DUE TO PUBLIC OUTRAGE AT HOW SERVICES RESPOND TO PEOPLE WITH LEARNING DISABILITIES AND CHALLENGING BEHAVIOUR.
IS P.B.S. POSITIVELY BULL SH*T?
POSITIVE BEHAVIOUR SUPPORT?

SUPPORTING CHALLENGING BEHAVIOURS POSITIVELY?
POSITIVE BEHAVIOURAL SUPPORT?

USING BEHAVIOURAL APPROACHES POSITIVELY?
THIS IS POSITIVE BEHAVIOUR SUPPORT

WE ARE NOT TRYING TO REDUCE CHALLENGING BEHAVIOUR, WE ARE TRYING TO HELP THE PERSON GET WHAT THEY WANT DIFFERENTLY
DO YOU HAVE ANY EXAMPLES WHERE YOU HAVE LEARNT A NEW SKILL AND IT HAS REPLACED AN OLD ONE?
POOR FIT BETWEEN THE PERSON AND THE ENVIRONMENT
PBS has emerged from 3 key components

- Normalisation/Inclusion movement
- Applied Behaviour Analysis
- Person-Centred Approaches
I'm a side effect of positive reinforcement.
Functions - SEAT

- Sensory
- Escape
- Attention
- Tangible
Four term contingency

- Setting events
- Immediate prompts
- Behaviour
- Reinforcement
- Motivating operations
Extinction

- Withholding reinforcement
- Extinction bursts
- Extinction related aggression
Summary

- PBS is an evidence based approach, applying the science of behaviour to understand the function for that person.

- Trying to stop behaviours on its own is ineffective, and harmful.

- The key goal is to help the person to get what they need differently, and learn essential life skills.