

Welcome to the Positive Behaviour Support Team



Enabling the person to be who they want to be and not defined by their behaviour. – Bill Clemo, Positive Behaviour Support Practitioner

Many of the people we support with learning disabilities, autism and complex needs require specialist support. That is why we invest in expert teams to embrace a Positive Behaviour Support philosophy across Hft to demonstrate a reduction in levels of behaviour that challenge, and restrictive practices. This ultimately results in an increase in the quality of life for the people we support.

What is Positive Behaviour Support?

Positive Behaviour Support is a recognised framework for supporting people who are at risk of displaying behaviours that challenge. This is achieved through the development of a shared understanding of the individual and their behaviour through detailed assessment. Using this information we will help individuals to enjoy a meaningful and fulfilled life and to build confidence, skills and understanding for themselves and those supporting them.

Positive Behaviour Support focuses on improving quality of life by helping individuals get the right support, improving their social networks and teaching new skills.

What we do

We work with individuals, their families, support staff and other professionals to help build an understanding of the reasons behind each individual's behaviour, and develop Positive Behaviour Support Plans aimed at reducing behaviours over time. Throughout we use a person-centred approach to design and implement effective behavioural intervention strategies.

How we work

We work in partnership across all of our services from the assessment stage working in a consultative, mentoring and training capacity to provide support. We provide expertise in the following areas:

- **Assessment and Transition Support** – Providing support and specialist assessment when new referrals are made to Hft, or require additional support in their existing living and working environment
- **Positive Behaviour Support & Management** – Development of Positive Behaviour Support Plans which are person-centred and identify a range of proactive and reactive strategies which maximise the individual's opportunities and quality of life
- **Training** – Person-Centred specialist training to ensure all the people involved in the person's life have the expertise to support them well, using least restrictive practices
- **Ongoing monitoring** – Using a range of tools to ensure the ongoing effectiveness of interventions and Positive Behaviour Support Plans
- **Research and Audit** – Participating in research to promote best practice in clinical support and service delivery

Case Study: Rebuilding a life at home

Emma and her family wanted her to return to her own home following two years in hospital. She was originally admitted following a life-threatening self-injury, and has a number of complex needs and challenging behaviours. Her case was referred to us, and we carried out a detailed positive behavioural support (PBS) assessment. A PBS plan was developed in consultation with others and, through using a person-centred positive behaviour support approach, within 18 months physical interventions were no longer required. Behaviours were successfully managed using PBS strategies, and the team regularly liaised with hospital staff throughout. Consequently, Emma was able to move back home and her anxiety levels reduced significantly. Emma's story shows how innovative techniques and a partnership approach can, combined, have a positive outcome.

“ What our families say

Thank you so much for your support. We have noticed huge changes in our daughter's quality of life and as a result she seems much happier and can't stop smiling. It needed a fresh pair of eyes to get everyone to start thinking about how they were working and what new things they could introduce. Thanks again. – Parent



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