



Gogledd Cymru **Gyda'n Gilydd**  
North Wales **Together**

Gwasanaethau ddi-dor i bobl ag Anableddau Dysgu  
Seamless services for people with Learning Disabilities

January 2024

# North Wales **Positive Behavioural Support**

## Implementation Strategy

Developed by North Wales Together



## What is Positive Behavioural Support?

- Positive Behaviour Support (or PBS for short) is a kind model of care focused on enhancing quality of life that is designed to support people with learning disabilities with behaviours of concern.
- Behaviours of concern are behaviours that make it harder for the person or the people around the person to have a good life.
- PBS is widely accepted as the best way to provide care to most of these individuals.
- A link to a 6 minute video by the British Institute for Learning Disabilities that gives an overview of PBS and how PBS approaches work in practice when supporting an individual can be seen here:

<https://youtu.be/epjud2Of610>



# POSITIVE BEHAVIOUR SUPPORT

## VALUES LED



PBS supports human rights and promotes respect, dignity, inclusion and a life without unnecessary restriction. PBS means treating people equally and working in partnership with the person and their family to make things better for everyone.

## PROMOTING QUALITY OF LIFE



The overall aim of PBS is to improve the quality of a person's life and that of the people around them. This includes children, young people and adults, as well as older people. PBS provides the right support at the right time for a person so they can lead a meaningful and interesting life participating in activities and learn new skills.

## UNDERSTANDING BEHAVIOUR AND MEETING NEEDS



PBS uses different methods to gather information to work out what people's behaviour means. It improves support and empowers people to use better and less harmful ways to get their needs met. This often involves using a range of different approaches that enhance a person's life.

## MAKING SYSTEMS WORK FOR THE PERSON



Giving the right support at the right time so people can thrive and fulfil their potential. This may mean changing the way the person is supported. Carers and staff may need training, and service structures and cultures may need to change. Continuous review is important to make sure support carries on working well for the person and those around them.

## Who are we and what do we do?

### We are the...

- North Wales PBS Alliance
- We are a group made up of health and social care professionals

### We are trying to:

- Increase the prevalence and quality of good PBS in North Wales
- Promote awareness of good PBS and its worth and benefits
- Promote and support access to training
- Develop Practice Leadership
- Develop a network of PBS practitioners
- Establish an annual PBS conference



## What does good PBS look like?

### Person Centred

- PBS is designed for the unique individual with their involvement
- Enhancing quality of life is the main goal (for the individual and those around them)
- Supports the person to be engaged in activities that are meaningful to them
- Says how to provide the right support at the right time
- Aims to set the person for success and isn't just problem focused
- Behaviours of concern may decrease because of this



## What does good PBS look like?

### Based on Assessment

- Scientific
- Evidence based
- Information gathered from different sources (including the individual themselves and the people who know the person the best)
- Records are kept and evaluated
- A PBS plan (PBSP) is the outcome



## What does good PBS look like?

### Whole Systems Approach

- Everyone should be involved
- Training will be needed
- Importance of a consistent approach
- Integrates with other care plan guidance



## What does good PBS look like?

### Reviewed Regularly

- PBSP is seen as a living document
- Used every day - not hidden away
- Clarity of review:
  - By who?
  - With who?
  - How will it be reviewed?
  - How often?
  - It will change with the individual



## Want to Learn More?

Our website is



Gogledd Cymru **Gyda'n Gilydd**  
North Wales **Together**

*Gwasanaethau ddi-dor i bobl ag Anableddau Dysgu*  
*Seamless services for people with Learning Disabilities*

[www.northwalestogether.org](http://www.northwalestogether.org)

This contains lots of information and links to more and includes a link to a free online PBS Awareness Course.

If you are interested in:

- Increasing and enhancing the quality of PBS in your organisation
- Some support with practice leadership development
- Help with funding for PBS training

You are welcome to contact us on

[Ldtransformation@flintshire.gov.uk](mailto:Ldtransformation@flintshire.gov.uk)

Want to Learn More?

To find our more, you can also check out the UK PBS Alliance website

[www.bild.org.uk/uk-pbs-alliance/](http://www.bild.org.uk/uk-pbs-alliance/)



We would like to thank BILD for allowing us to use their information and graphics in this leaflet.

