



## Want to know more?

- You can contact us.
- Your family, carers and people who work with you can contact us.

Our address is:

Bexley Learning Disability Team  
Adult Learning Disability Service  
3rd Floor, B block  
Queen Mary's Hospital  
Sidcup  
Kent DA14 6LT

Telephone: 0208 269 3300

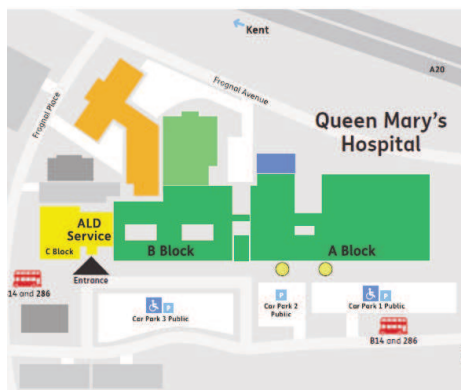


## How to find us and travel details

**Buses:**  
160, 229, 269, 286, B14, R11  
B14 and 286 stop outside C Block

**Trains:**  
Queen Mary's is about 25 minute walk from Sidcup station.  
Buses 160, 229 and 286 run between the hospital grounds and Sidcup train station.

**Parking:**  
There is disabled and pay and display parking



Reviewed by the 'Can you understand it?' team  
Symbols from the Change Picture Bank

# Positive Behaviour Support (PBS)

Easy read leaflet for service users

*Improving lives*

[oxleas.nhs.uk](http://oxleas.nhs.uk)



Updated October 2016

## What is Positive Behaviour Support?



People can behave in ways that is difficult for them and other people. Staff can help them by using Positive Behaviour Support which is also called **PBS**. Positive means doing something in a good or better way.



PBS can help if you have problems with your behaviours. This can happen:

- in your home
- at your day centre
- where you work
- with other people.

## How we will help you



- We will meet you.
- We will meet your family and carers if that is ok.
- We will try and find out what your problems are.
- We will agree a PBS plan with you, your family and carers.

## What is a PBS plan?



A PBS plan looks at:

- the problems you are having with your behaviour
- what is causing the problems
- what help you need to make you feel better.

The PBS plan will :

- help other people to support you
- help you to tell us what is wrong
- teach you new skills and ways to make your life better
- keep you and those around you safe.



PBS can help you:

- feel better
- learn to do new things
- feel better at home
- feel better at work
- make choices.

