

## Want to know more?

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



Our address is:  
Bromley Learning Disability Team  
Adult Learning Disability Service  
Queen Mary's Hospital  
Sidcup  
Kent  
DA14 6LT



Telephone:  
020 3871 5680

## How to find us:



### Travel details

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



## Positive Behaviour Support (PBS)

Easy read leaflet for people with learning disabilities

*Improving lives*

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



## 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.

