

Want to know more?

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



Our address is:

**Tall Trees
Goldie Leigh
Lodge Hill
Abbey Wood
SE2 0AY**



Telephone: 020 8319 7166

How to find us:



Bus routes: Bus 99 and Bus B11

(Thamesmead to Bexleyheath)

Trains: The nearest train stations are Abbey Wood or Welling

Parking: There are parking spaces near Tall Trees

Reviewed by the 'Can you understand it?' team

Symbols from the Change Picture Bank

Positive Behaviour Support (PBS)

Information leaflet for people with learning disabilities at Tall Trees

Improving lives

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.

