

## Local support Advocacy for All

Address: 241 Main Road, Sidcup, Kent, DA14 6QS

Telephone: 020 8300 9666

E mail: [info@advocacyforall.org.uk](mailto:info@advocacyforall.org.uk)

### Our address is:

Bexley Learning Disability Team  
Adult Learning Disability (ALD) Service  
Queen Mary's Hospital  
Sidcup  
Kent, DA14 6LT

### Telephone:

020 8269 3300

### Opening times:

The team can be contacted from 9am to 5pm, Monday to Friday.

### Travel information:



#### 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)

Information leaflet for families and carers of people with learning disabilities living in Bexley

*Improving lives*

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



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## This leaflet is designed to help families and carers to understand how Positive Behaviour Support can help people with learning disabilities who are at risk of presenting behaviours that challenge

People with learning disabilities sometimes display behaviours that challenge.

Common examples of challenging behaviour include:

- **Self stimulation** - eye poking, picking skin, pulling hair, slapping self.
- **Self injurious behaviour** - cutting, biting, head banging.
- **Abuse towards others** - hitting, scratching, punching, verbal abuse.
- **Property destruction** - throwing furniture, tearing magazines, breaking chairs.

Other types of behaviour are rarer but can also be challenging, for example obsessions with dangerous items, sitting down in the road when out, stripping in public, stealing, setting fires, sexually inappropriate behaviour and swearing.

There can be many reasons for challenging behaviour. Contributing factors can include communication or interaction issues, because of pain or illness, environmental overstimulation or under-stimulation or sensory deficits.

Challenging behaviours can reduce the quality of the life of the person and their carers. It can lead to social exclusion.

## Family and carer rights

- Carers have a right to a formal assessment of their own needs from social services.
- You may be eligible for short breaks or respite funded by social services.
- You may want to access family advocacy.
- Family and carers have the right to seek a second opinion on the treatment we are offering them.

## Sources of national advice and support

- [www.bild.org.uk](http://www.bild.org.uk) – website for the British Institute of Learning Disabilities.

Visit the BILD website to see a short clip about Positive Behaviour Support:

<http://www.bild.org.uk/our-services/positive-behaviour-support/capbs/introduction-to-pbs/>

- [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk) - website for the Challenging Behaviour Foundation, a charity for people with severe learning disabilities.
- [www.autism.org.uk](http://www.autism.org.uk) - website for the National Autistic Society.
- [www.mencap.org.uk](http://www.mencap.org.uk) - website for Mencap.

## What does a Positive Behaviour Support plan include?

- An explanation of why the person is at risk of displaying behaviours that challenge.
- Ideas about how to improve the person's quality of life, including access to meaningful activities and community participation.
- Recommendations about how to prevent behaviours that challenge and how best to respond when incidents occur.
- It may include teaching the person new skills or ways to manage their emotions. This may involve individual therapy.

## Other recommendations may include:

- Consultation with families and carers.
- Staff training.
- Review of existing support package through social services.
- Additional support for families and carers.

We can advise you on what is available locally in terms of local family support and information including skills training and emotional support.

## What is Positive Behaviour Support?

Positive Behaviour Support (PBS) is a framework for improving the quality of life of people with autism and learning disabilities who are at risk of displaying behaviours that challenge.

It does this by developing a shared understanding of the person and their behaviour through detailed assessment and using this information to develop effective support.

PBS focuses upon improving the quality of life for people by helping them get the right support, improving their social networks and teaching new skills.

One of the principles of PBS is that if you can teach someone a more effective and acceptable behaviour than the one causing concern, the challenging behaviour will reduce.

**In line with national guidance and current good practice, Oxleas NHS Foundation Trust is committed to using a Positive Behaviour Support approach with all of our referrals for people with learning disabilities who display behaviours that challenges.**

## What happens when a person is referred to an Oxleas' learning disability service for a behaviour that challenges?

- We meet with the person, their family and carers to discuss the referral.
- We may carry out a detailed assessment which could include interviews, observing the person and the use of recording forms. Part of the assessment looks at why the behaviours happen at particular times and in particular situations. This is called a functional assessment.
- We may need to carry out the assessment in more than one setting (e.g. home and college).



- When we have completed our assessment we meet to discuss our findings to develop what is referred to as a formulation.
- Based on our formulation we then devise a Positive Behaviour Support plan.

### Who may be involved?

- Clinical psychologists
- Behaviour specialists
- Speech and language therapists
- Occupational therapists
- Learning disability nurses
- Care managers
- Social workers
- Specialist doctors

**We also know that it is really important that family members, carers and paid staff are fully involved in the positive behaviour support process.**