

## Positive Behaviour Support Model

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It involves a comprehensive approach that integrates various principles holistically to support individuals with behaviour support needs in a positive and empowering manner.

### Principles of Positive Behaviour Support

#### 1. Empowerment

- **Person-Centered Approach:** Recognise the individual's preferences, strengths, and aspirations.
- **Collaborative Decision-Making:** Involve the individual, their family, caregivers, and support network in planning and decision-making processes.
- **Choice and Control:** Promote autonomy and empower the individual to make choices about their own life and support.

#### 2. Proactive Strategies:

- **Strength-Based Approach:** Focus on identifying and leveraging the individual's strengths and interests.
- **Preventative Measures:** Identify triggers and underlying causes of behaviours of concern to develop strategies that prevent challenging behaviours from occurring.
- **Skill Building:** Provide tools, training, and support to enhance the individual's skills in communication, emotional regulation, social interaction, and problem-solving.

#### 3. Reactive Strategies:

- **Crisis Management:** Implement safe and effective strategies to manage challenging behaviours if they occur with emphasis on de-escalation and safety.
- **Restorative Practices:** After a challenging situation, focus on restoring relationships, learning from the incident, and preventing recurrence through adjustments in support strategies.

#### 4. Skills to Learn:

- **Communication Skills:** Support the individual in developing effective communication methods to express needs and feelings.
- **Emotional Regulation:** Teach techniques for managing emotions and coping with stress or anxiety.
- **Social Skills Development:** Provide opportunities to practice and improve social interaction skills in various settings.
- **Problem solving and decision making:** Foster the ability to analyse situations, make decisions, and solve problems independently where possible.

## 5. Holistic Approach:

- **Multi-Disciplinary Collaboration:** Involve professionals from various disciplines including but not limited to Positive behaviour practitioners, Occupational therapists, Developmental educators and mentors to provide a holistic support system.
- **Environmental Considerations:** Assess and modify the environment to create a supportive and inclusive setting.
- **Family and Community Integration:** Engage family, friends, and the broader community to create an environment that encourages acceptance, understanding, and support for the individual.

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This model aims to create a supportive, empowering, and comprehensive framework that not only addresses challenging behaviours but also focuses on skill development, individual empowerment, and a collaborative approach involving the individual and their support network.

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