

Positive Behaviour Support



What is Positive Behaviour Support?

Positive Behaviour Support (PBS) helps individuals develop positive behaviours while reducing behaviours of concern. It focuses on understanding why a behaviour is occurring and implementing proactive, respectful strategies that support the individual. At its core, PBS aims to enhance the person's overall quality of life by promoting independence, inclusion and wellbeing.



What are the strategies we use?

- **Understanding the Cause:** Instead of just reacting to behaviours, PBS looks at the reasons behind them (e.g., frustration, sensory needs, communication difficulties).
- **Teaching New Skills:** We focus on teaching individuals better ways to express their needs, regulate emotions and interact with others.
- **Creating Supportive Environments:** Adjustments at home, school, or in the community can make a big difference in helping individuals succeed.
- **Reducing Behaviours of Concern:** By using proactive strategies and positive reinforcement, we can reduce challenging behaviours in a way that is respectful and effective.
- **Family-Centred Approach:** PBS works with parents and caregivers to create practical strategies that fit their needs and family life.



How PBS Helps

- Provides strategies for managing meltdowns, anxiety, or aggression.
- Helps individuals develop independence, communication, and coping skills.
- Improves relationships between individuals and caregivers.
- Supports inclusion in schools, social settings and community life.
- PBS is not about punishment – it's about understanding, support, and skill-building so individuals can thrive in all areas of life.

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Speak to your Behaviour Support Practitioner for more information

PBS cont....



What can I expect from my practitioner?

Assessment & Information Gathering

Our PBS practitioner will meet with you to assess your needs and determine the best approach – whether that involves working directly with individuals, supporting parents or collaborating with a stakeholder.

Personalised strategies & skill building

Depending on the needs, we provide:

- Practical strategies for stakeholders to manage behaviours.
- Direct support for individuals to develop emotional awareness and social skills.

Behaviour Support Plan

A customised Behaviour Support Plan will be created, outlining clear strategies to help the individual thrive, whether that be at home, school and/or in the community.



How will my PBS Funding be used?

Your PBS funding covers a range of services designed to support the individual and their family. What's Included?

- **Appointments** – One-on-one sessions with your PBS practitioner.
- **Travel** – To attend in-person sessions at home, school, or other locations.
- **Stakeholder Meetings** – Collaboration with stakeholders, therapists, and other support professionals.
- **Communication** – Emails, phone calls, and ongoing support between sessions.
- **Resource Development** – Customised tools, visuals, and strategies to support the individual's progress.
- **Data Collection & Report Writing** – Monitoring progress and creating Behaviour Support Plans.

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