



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 putting strategies in place to support the individual in a proactive and respectful way.



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Upper Mount Gravatt

Springwood

North Lakes

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Darwin

Cairns



1800 942 957

Positive Behaviour Support





What strategies do 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

Our practitioners 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

Practitioners work 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.

What can I expect from my practitioner?

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 stakeholders.

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.