

St. John of God Community Services clg.

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Positive Behaviour Support

‘How do I let people know what I
need without using ‘A
BEHAVIOUR’ to tell them?’

Callan Institute
St John of God Community
Services clg.

Hospitality

Compassion

Respect

Imagine if you had no way of letting people know that something was wrong, or that you felt that something was wrong but couldn't put words to the problem.

Positive Behaviour Support might be for you, or for someone you know.

I

First things First.

Behavioural support needs can be a sign that something is wrong, or that something is not going right.



It is important to figure what the problem is and sometimes a person might need help to do this.

There are three parts to this, the first is all about telling your story, the second is about learning about 'the behaviour' and the last part is putting a plan in place that you like and agree with.

'My Story'
Getting to know me.

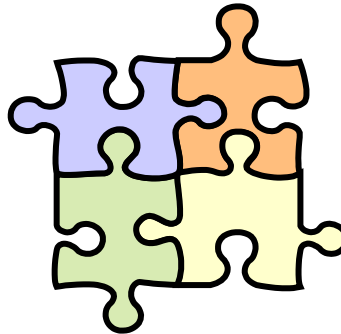


In this part the person can tell their story, or 'My Story'. By telling their story it can help the person to understand themselves a little more. The person can share their story with others too. This helps everyone find out what the person might need in their life right now.

'My story' talks about things like, 'Who you are? Where you were born. Your home. Your time in school. Your family and friends. Your likes and dislikes. Your health. How you spend time with others, things you like to talk about and think about. It is an opportunity to think about you, what is important to you now and in the future. What are you enjoying at the moment?

'My Behaviour'
Understanding my behaviour.

In this part the person is supported to learn all about their behavioural support needs. So, when does the behaviour happen, how long have you had this behaviour, what brings on this behaviour, what happens to you when this behaviour occurs and why do you think it happens? What helps you calm?



'My Plan'

A Behaviour Support Plan for me. Putting the pieces together

This next section is all about putting a plan in place to support your needs.

This might include new ways to tell others what is upsetting you, instead of using a behaviour to do this.

Everyone learning new ways to talk and listen to each other.

You might want to learn how to do more things for yourself. The things that trigger your behaviour- everyone can see if these can be changed.

The times when you are content and happy, you can see if these situations can happen more often.

You might want to learn how to cope when you find things hard.

You might want people to speak to you clearly and nicely, offering you choices and sharing information with you.

We also know that having fun is also important, so we all need to plan for 'fun'. You might want people to remember that there is a reason for your behaviour, and to help you calm down in a nice way, in a way that you know and have agreed with. This plan can be written down and you can check to see if it is working.

Other People's role and 'My Behavioural support needs'

Other's learning about me.

Now that everyone knows what you need and how to make your life better, you may want people to continue to be able to figure things out with you. You should be included in all meetings and talking about your plan. Your plan should be easy to understand, and you should agree with it.

All this is called Positive Behaviour Support