

What is Positive Behaviour Support?

Positive Behaviour Support (PBS) is an individualised and comprehensive approach that:

- Helps you have a good quality of life
- is a proven way of understanding and changing behaviour
- focuses on you and the people around you
- values and protects your rights
- guides people about how to best support you
- makes changes to the environment so that it meets your needs
- helps to put in place the right supports at the right times and places
- does not use punishment or strategies that can hurt you.

How is PBS Funded?

Under the National Disability Insurance Scheme, Behaviour Support is funded under Improved Relationships”.

This will be described in your NDIS Plan under Capacity Building Supports as Improved Relationships (CB Relationships) and include the number of hours funded for Behaviour Supports.

What is involved?

Our accredited Positive Behaviour Support Practitioner will work closely with you and your family, carers and support networks to develop intervention plans and strategies that allow you to live your best life.

This will involve collecting data from your Occupational Therapist, Speech Pathologist, Physiotherapist and Exercise Physiologist for a holistic service focused on your personal needs.

Contact Details



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We can help with preparing you for school, work, or other social activities, assisting in developing communication and social skills and building your mental health, flexibility and resilience.

Our Practitioner will:

- Maintain and improve quality of life whilst protecting the safety of you and your support team.
- write a behaviour support plan
- put the behaviour support plan into action with least restrictive practices and a forward plan on how to eliminate them.
- develop strategies that enhance your skills
- check to make sure that things are getting better over time.

How can Positive Behaviour Support help you?

Positive behaviour support aims to make things better so you can:

- have a good quality of life
- get support that meets your needs and helps you achieve your goals
- be supported by people who are well trained and know the best ways to help you
- get along with others and build strong, long lasting relationships
- have choice and control in your life
- learn new skills and ways to cope when things are hard
- try new things and be a part of your community
- be safe and have your needs and behaviour better understood by others
- have less or no **restrictive practices** in your life.

Core values

The core values of the NDIS PBS Capability Framework include:

- Respect for a person's opinion • Protection of Human Rights • Person centred approaches
- Capacity building and participation • Collaboration and teamwork • Honesty
- Recognition of the connections between a person's physical, emotional, spiritual and family wellbeing