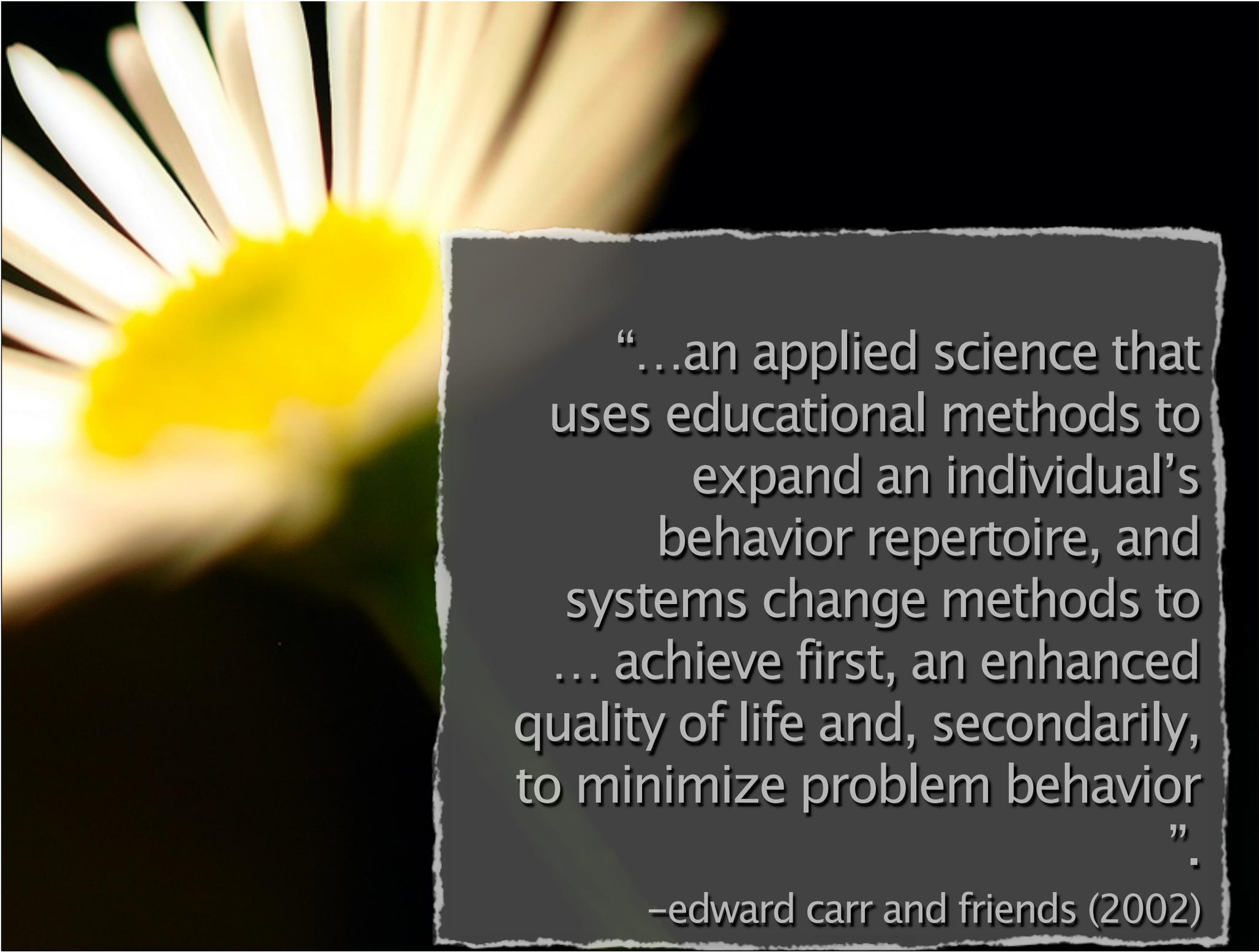


# Positive Behaviour Support

[www.gradler.com.au](http://www.gradler.com.au)



“...an applied science that uses educational methods to expand an individual’s behavior repertoire, and systems change methods to ... achieve first, an enhanced quality of life and, secondarily, to minimize problem behavior”

—edward carr and friends (2002)



**Control**

**Dignity**

**Participate**

**Connect**

**Skills**

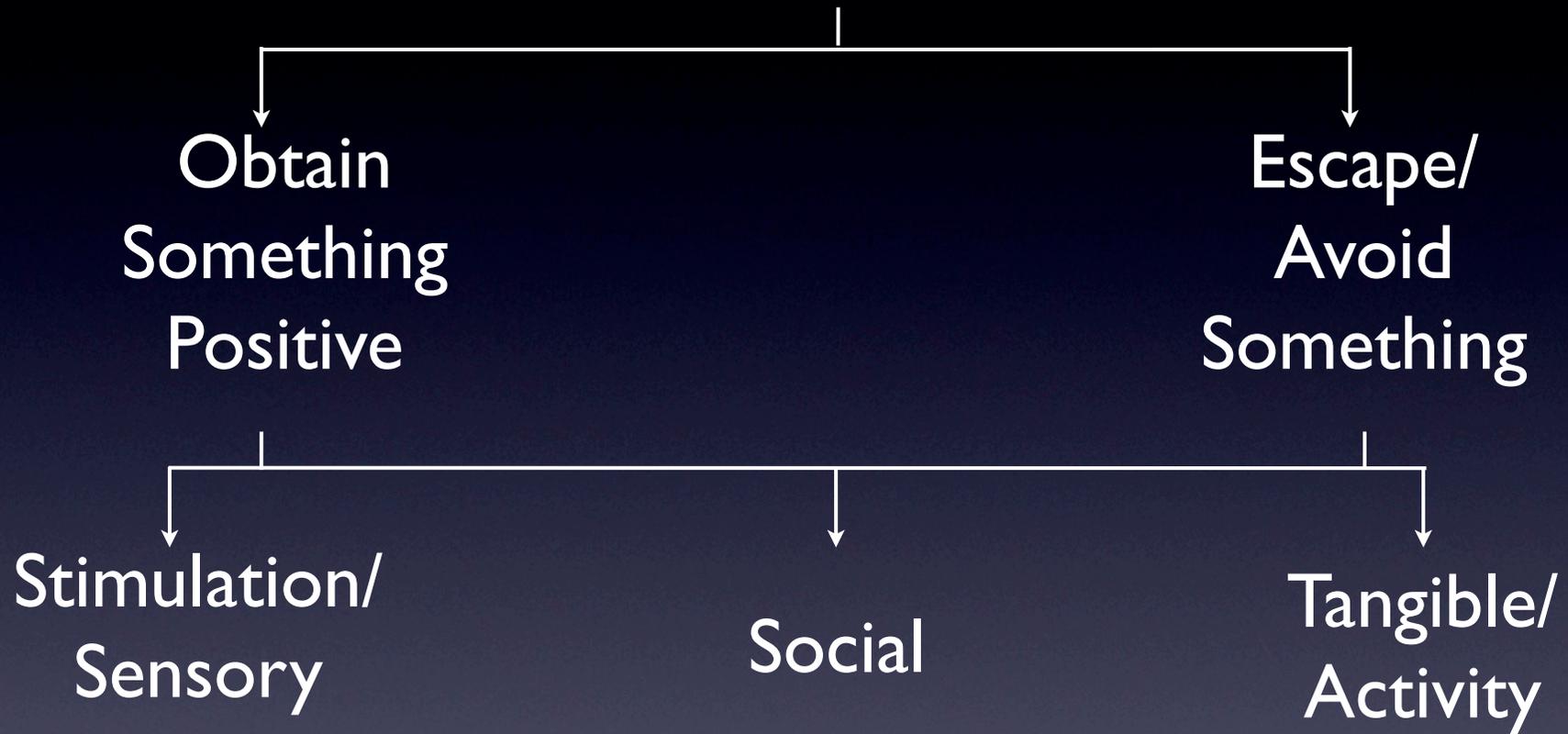
1. If you are standing, stand in a natural manner rather than in an assumed posture, with the soles of your feet flat on the floor.
2. If you are sitting, sit comfortably with the soles of your feet flat on the floor.
3. Breathe naturally, and do nothing.
4. Cast your mind to the last time you felt scared
5. You are feeling scared, scared thoughts are flowing through your mind. Let the thoughts flow naturally, without restriction. Stay with the thoughts and feelings.
6. Now, quickly shift your attention fully to the soles of your feet.
7. Slowly, move your toes; feel your shoes covering your feet; feel the texture of your socks, the curve of your arch, and the heels of your feet against the back of your shoes. If you do not have shoes on, feel the floor or carpet with the soles of your feet.
8. Keep breathing naturally and focus on the soles of your feet until there is no fear.
9. Practice this mindfulness exercise until you can use it whenever you feel scared

**-Adapted from Singh etc 2011**

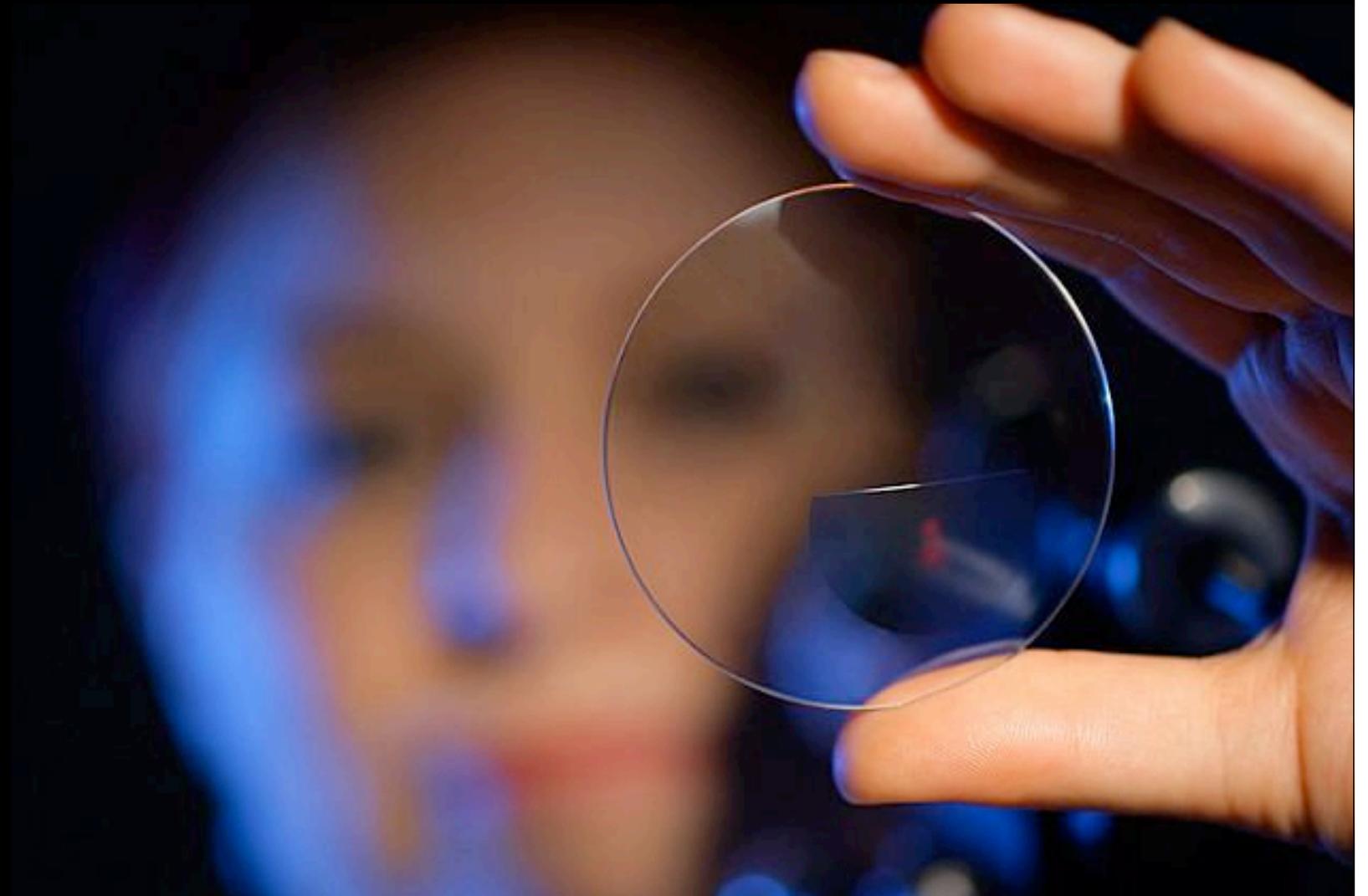


**“The best behaviour support happens when the behaviour is not happening”**

# Behaviour



magnify what works





a focus on  
strengths

# THINGS THAT WORK

➔ Happiness Success Pride  
Motivation Laughter



**Control**

**Dignity**

**Participate**

**Connect**

**Skills**

**Promote Engagement**

Every Moment Has  
Potential

# A Little and Often



# The Right Type and Level of Assistance

Maximise  
Choice &  
Control

# Predictability

# Pain Management

# Choice and Control

# Response Priming

# Social Stories

- Descriptive
- Perspective
- Behaviour
- Strategy

# Behaviour Scripts

**Pictello**

# Visual Communication Methods

# Carer presence

**Positive Reinforcement**

**-attuned**

**-acknowledged**

minimise the  
things that  
don't work



# THINGS THAT DON'T WORK

~~→~~ Upset    Anger    Boredom  
Failure    Sadness



# Reactive Strategies

- Redirection
- Capitulation
- Active Listening
- Instructions
- Encouraging Communication
- Inject Humour
- Proximity Control
- Encourage relaxation
- Do something Unexpected
- Interpositioning
- Emergency Physical Containment