



Positive Behaviour Support

Easy English



Aspect knows how to work in situations where there is challenging behaviour (also known as a Behaviour of Concern). We do this work by using Positive Behaviour Support.



Challenging behaviour is anything that a person keeps doing that makes life difficult for them or stops them from doing things.



It can happen for many reasons and often needs changes in a person's life or new skills to be taught to help the person have a good life.



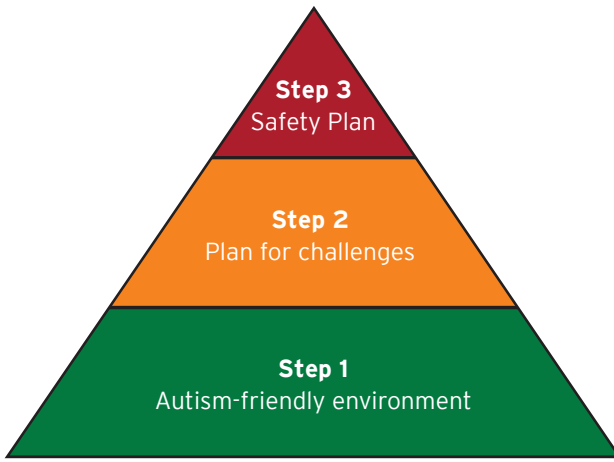
It is called challenging behaviour because it challenges everyone who supports the person to understand why it is happening and to work together to help the person.



Positive Behaviour Support (or PBS) means working together to have a safe and good life by making changes, and teaching new and helpful ways of doing things for the person and the people that support them.



Aspect staff are always learning about PBS and have regular training in how to support people safely. PBS is one part of the way Aspect works with people on the autism spectrum, which is called the Aspect Comprehensive Approach.

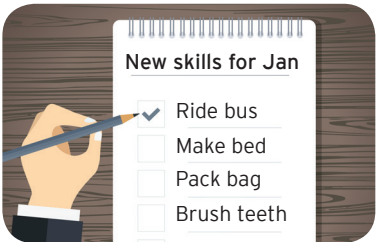


Aspect understands that there are many reasons for people to show challenging behaviours. Aspect uses Positive Behaviour Support in 3 steps.



1. To create autism-friendly places. Part of this step is working with families and people important to the student / participant to make sure Aspect meets everyone's needs.

This helps to keep challenges from happening and teach some new skills to the people around the student / participant.



2. Looking at what is and is not working for the student / participant, and making plans to teach new behaviours and skills. The plans also tell the people around the student / participant how to act in a helpful way if challenges do happen.



3. Making safety plans to keep everyone safe in times where someone might hurt themselves or others. These plans are made together with experts, the student / participant and the people important to them.



Aspect works with students / participants, their families and others at the first sign of any problems. Aspect finds out the details and comes up with a plan that everyone agrees to. Aspect does this even before anyone needs to use safety plans.



PBS is made from looking at:

- the science of learning;



- what research tells us works best;



- what the law says;



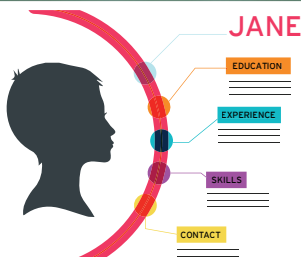
- human rights;



- what the others agree is safe, respectful and does not punish the person for a behaviour;



- why the person does the behaviour (Aspect knows it has a meaning);



- all the information Aspect can learn about the person;



- how Aspect can grow the student / participant's safe or helpful behaviours to have a good life;

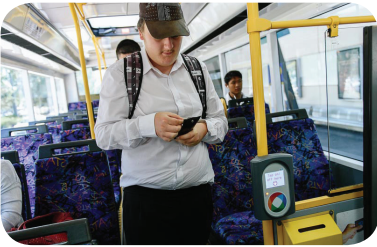


- what Aspect can change in the places it works or how Aspect works to stop problems happening in the first place,



If Aspect needs to make PBS plans, it makes them clear and easy to do in everyday life. Aspect checks often with the student / participant and the people important to them if the plan is working, or if changes are needed.

To help the student / participant have a good life, Aspect looks at supporting:



- everyday life skills;



- being involved in the community;



- making new friends and meeting new people;



- having different options to make choices;



- helping families and friends to support; and



- making plans to help before things go wrong.



Aspect believes that planning ahead is better than just working out what to do when things go wrong.

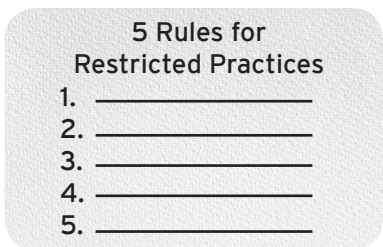


PBS services help staff, students / participants and their families be able to choose what the best action is in each situation for what they need.



Restricted & Prohibited Practices

Aspect knows that its staff might have to use different ways and plans to keep people safe in some situations where the student / participant or others could be harmed. Sometimes these ways can affect the student / participant's human rights, or be risky to the person. These are called Restricted Practices.



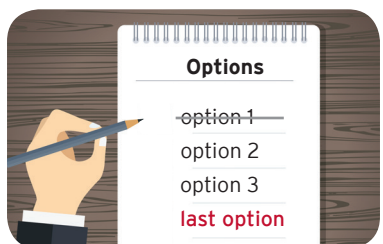
There are very strong laws about how and when these can be used. If Aspect needs to use a Restricted Practice to keep people safe, it makes a plan and follows 5 important rules about its use:



1. It will be used in the safest way.



2. It will be used for the shortest amount of time.



3. Aspect uses other ways to keep people safe first, and it is only used as a last option.



4. It is stopped and taken out of our safety plans as soon as they are no longer needed to keep people safe.



5. It is used only with the student / participant's and their family's permission.



Aspect has strong rules about how Restricted Practices are used that follow the law, keep everyone safe and respect the human rights of the people Aspect supports. Aspect always looks to use better ways to help that are less risky and do not effect someone's human rights.



Aspect knows the law and does not do anything that is against the law or Aspect believes is not OK. These are called Prohibited Practices and are not allowed.

This document was adapted from the Aspect Positive Behaviour Support Policy that can be found on the Aspect website at www.autismspectrum.org.au.

This document was developed in consultation with a variety of individuals throughout Aspect.

Should you need support to understand Aspect's written information in a language other than English, please call TIS on 131 450 to request an interpreter in your preferred language, and ask for Autism Spectrum Australia (1800 277 328).