



Positive Behaviour Support at Garvald Edinburgh

At Garvald Edinburgh we have a great track record of supporting our members to achieve positive outcomes through our emphasis on environments.

Our approach is not exclusive and we are always actively engaging with current thinking and practice within the field of learning disability. In this context we have found that **Positive Behaviour Support (PBS)** compliments the principles of Social Therapy very well, providing a robust, ethical, and proactive framework for supporting everyone, but particularly people with behaviour that challenges. At Garvald Edinburgh we recognise that adults with learning disabilities may present behaviour that challenges and that this always happens for a reason and may be the person's only way of communicating an unmet need. We believe that PBS provides the right support for a person, and those who care for them, to help people lead a meaningful life and learn new skills without unnecessary restrictions.

PBS has been developed within a variety of settings in the UK over the past three decades, and there is strong evidence that it is effective in producing positive outcomes, such as increasing the person's skills and positive life opportunities. It is recommended as best practice within professional practice documents (Royal College of Psychiatrists, British Psychological Society, and Royal College of Speech and language Therapists, 2007) and current legislation and government recommendations, such as 'the Keys to Life' and local authority contracts all reference PBS as the approach that health care organisations should be adopting.

At Garvald Edinburgh we have been actively committed to the approach since October 2018 when the Management Team attended the inspiring three-day intensive PBS Coaches Programme delivered by the British Institute of Learning Disabilities (BILD). Since that point we have been systematically embedding the

approach across the organisation through development of our work environments, our policies and systems, and through a comprehensive programme of staff training (based on the PBS Coalition's PBS Competencies Framework 2015), including further functional assessment training for the management team.

What is Positive Behaviour Support?

Behavioural science tells us that we cannot successfully support people with behaviours that challenge without applying some core values or addressing the many factors that are known to influence behaviour. For this reason it is made up of many parts and has certain key features:

- It is values based (these values include the commitment to providing support that promotes inclusion, choice, participation, and equality of opportunity)
- It assumes that behaviours of concern have a meaning/are a communication; it is our responsibility to find out that meaning and either alter the environment, or our behaviour, to teach less harmful alternatives, or to teach new skills or ways of communicating
- It involves working in partnership with individuals and their families/carers
- It is non-punishment based
- It is multi-component and evidence based (interventions are not based on personal opinions about what should happen)
- It is personalised and holistic – it relates to the whole person and their life, not just their behaviour
- It makes us challenge our assumptions
- Its ultimate goal is to enhance happiness, quality of life, and well-being
- It is a systems approach

PBS is not a 'quick fix' for 'problem behaviour' – it involves patience and commitment from everyone but we are already seeing a positive impact in terms of our environments and strategies to meet the challenges ahead.

BILD (British Institute of Learning Disabilities) have produced a [helpful video](#) to introduce the approach.

To read Garvald Edinburgh's full Policy on Positive Behaviour Support [click here](#).

There is evidence of the impact of PBS at the [Research Gate website](#) and in [this article](#) about the Implementation of PBS at MacIntyre.

For further information please visit the [BILD](#) website.