

What is PBS?

PBS stands for **Positive Behaviour Support** and is used to help people lead happier, more fulfilled lives.

It is a values-led, person-centred approach, which uses our understanding of behaviour and learning to increase a person's skills and quality of life, and reduce behaviours of concern.



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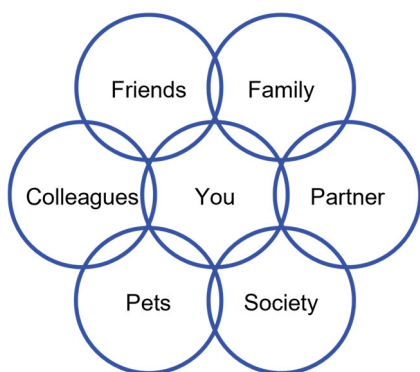
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PBS will look at...

Your relationships:



The support you have around you and what your relationships mean to you.

Your communication:

Your preferred methods of communication and with whom.



Written



Spoken



Online



Sign language



Email



By phone



By touch



Using braille

Your living environment:



What makes you comfortable in your environment and favourite places to spend your time.

Your skills and interests:



Activities that make you happy and give you a sense of achievement.

Your daily routines:

What is important to you on a daily basis.



Your sensory needs:



Whether you are sensitive or under-responsive to any of your senses.

What you want to achieve:

Your short- and long-term goals, such as learning a new recipe, joining a gym class, going to college, or owning a pet.



What will happen next?

To help us get to know you better, we may need to:

- **Read information about you** and the difficulties you are having.
- **Speak with:**
 - ◇ you face to face, by telephone, through a video call or by email.
 - ◇ those close to you which may include, family, friends, carers, etc.
 - ◇ other professionals involved in your care.
- Arrange a **home visit**.

What will we do?

- We will work with those around you, to **help you learn new skills**.
- We will think of ways **your environment can change** to fit you better.
- We might **write this in a plan** to help everyone remember what needs to happen.
- We can help you **create your short and long-term goals** leading to a better quality of life.

We might talk with other professionals in KAMCAS like an OT or Psychologist if you have further needs that they might be better at supporting.