



# Person Centred Positive Behaviour Support v 1.0

Elephant In The Room is committed to using a person centred approach when developing Positive Behaviour Support plans, resulting in the person achieving a good quality lifestyle based upon their rights, preferences needs and choices.

Our plans will include **the person** in the planning process as well as their **circle of support**.

We will view the person positively, listing their **strengths interests, goals** and what's **important to them**. We will consider the whole person including relevant environments, their quality of life and history.

We will look at the impact the disability has on the person and understand that without the right support a person may experience difficulties or challenges that may result in behaviours of concern.

EITR sees **the person first** and then the behaviour. We understand that **communication** is often the key – behaviour is communicating a message.

We assess the person's quality of life. Do they have community based activities, friends, relationships, **choice and control**, regular access to likes? Is there a balance between what's **important to them** and what's important for them? We consider what is currently working and not working in their life.



Any intervention aims to build on the person's skills and strengths and skill development.

Positive Behaviour Support is an evidence based approach which seeks to understand why the person engages in challenging behaviour. It looks at environmental causes and then teaches new skills so the person doesn't need to resort to challenging behaviour.

Positive Behaviour Support is focused on the overall objective of improving quality of life using **person centred approaches** and reducing the impact of challenging behaviour.

The Behaviour Support Plan will be reviewed and outcomes measured by ongoing improvements to the person's quality of life.

We have easy read information on our website under information for participants.