

# Positive Behavioural Support

This report comes from Northumbria University in Newcastle.



Easy Read Version

## Staff at Northumbria University asked lots of people about Positive Behavioural Support.

This report tells you what they found out.



It tells you what is happening in our area.



This report tells you what will happen in the future.



## About behaviour which challenges services



Some people show how they feel by hurting themselves or other people. They might bite or hit. They might break things. They might get in trouble with the police. This is called 'behaviour that challenges services'.



Most people with learning disabilities or autism do not show their feelings like this, but some do.



These people need some extra help to support them with their behaviour.

## Positive Behavioural Support



**Positive behavioural support** is a way families and supporters can help someone with their behaviour. It means they can have a better life.



Families and support workers need to understand about Positive Behavioural Support, so they can use it to help the people they support.

## Why is this important?



People with learning disabilities or autism want a good life just like everyone else. A nice home, family and friends, a chance to work, and have fun!



Lots of them need some help from their family and paid supporters so they can have a good life.



Too often people whose behaviour challenges services are treated in special hospitals. Some of these hospitals are far from home.



A television programme showed us that some people at a Hospital called Winterbourne View were abused by the staff who were supposed to look after them. This was wrong.

## About Transforming Care



The government says that things must change.



People whose behaviour challenges services must get good help with their behaviour.



People should only go into hospital if there is no other way to help them.





They need help quickly in a crisis.



They need help where they live.



Families and support workers should get help so they know how to support people well.



All over the country lots of people are working together to make things better. This work is called Transforming Care.

## What did the university staff do?



The university staff asked lots of people about how people with learning disabilities or autism whose behaviour challenges services should be supported.

They asked:



- People with learning disabilities or autism



- Family carers



- Support workers



- People who support people with their health needs



- People who pay for and manage services



**This report tells you what they found out.**



## What did the university staff find out?



In the North East and Cumbria about 25000 staff are paid to support people with learning disabilities or autism who might behave in a way that challenges services.

- Support workers
- Doctors
- Nurses
- Psychologists



They found out that positive behavioural support really helps people with their behaviour. This makes life better for people with learning disabilities or autism and their families.



They found out that people do not understand enough about positive behavioural support.



People get different training about positive behavioural support. That training is not always good enough. Lots of people do not get any training.



They found out what makes good quality positive behavioural support for staff and families.



They found out what makes good quality training about positive behavioural support.

## What happened?



The university staff worked with lots of local people who manage services to start to make things better.



A group of specialists got together to work out the best way to teach others about Positive Behavioural Support.



This group talked with families and staff to find out how they would like to learn more about Positive Behavioural Support.

## What will happen now?



There is a plan for the next 5 years



There will be training about positive behavioural support for people across the North East and Cumbria.

- Training for managers in services
- Training for family carers
- Training for support workers



There will be a website where people can learn about positive behavioural support and share their ideas. The website address is [www.pbsnec.co.uk](http://www.pbsnec.co.uk)



Managers of services will choose support workers who are good at positive behavioural support.

