

Active Support & Positive Behaviour Support

Working Together



Active Support is a proactive, evidence-based intervention for increasing participation in meaningful activity for vulnerable children and adults. Increasing activity improves people's quality of life - the key aim of PBS.

Three Key Elements

The aim is to increase participation and engagement and if used consistently, will also increase in independent skills. The methods are based on behavioural science.



Break the task down



Right Level of Support



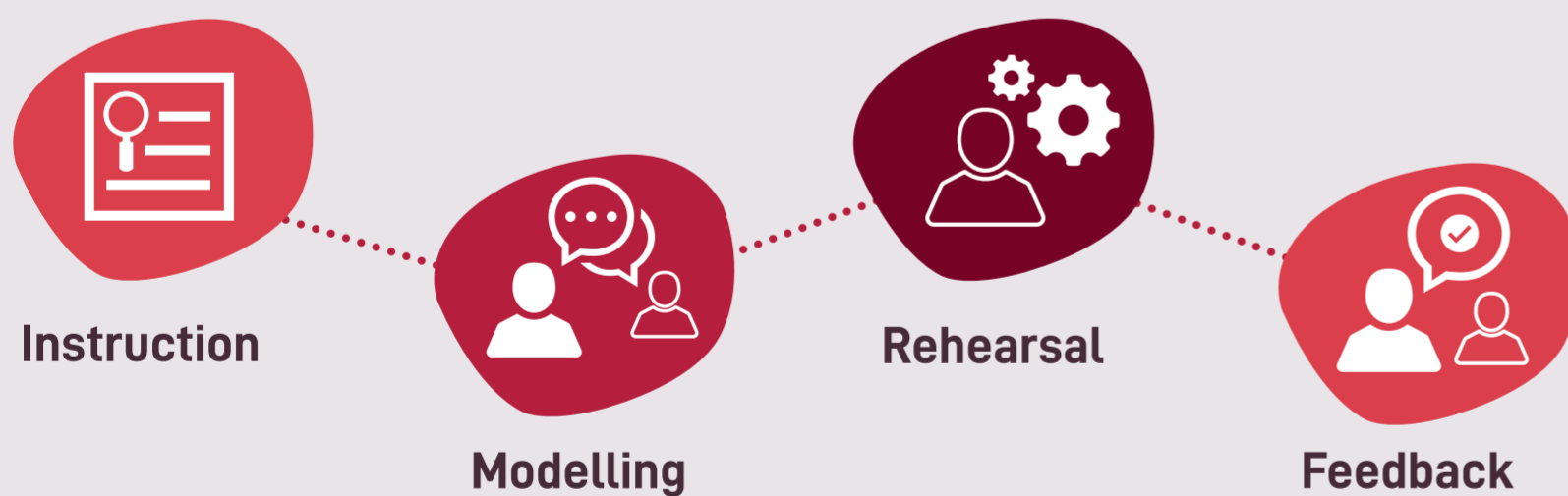
Right kind of encouragement

Meeting Functions of Behaviours

Active Support means people can gain social attention from their support staff, they can access activities and gain sensory experiences from those activities. With the right level of support to meet the person's needs, a behavioural function of 'escape' is less likely to occur.



Active Support Training Model



Active Support uses a Behavioural Skills Training model whereby coaches train staff supporting the person directly.

Practices to Establish and Maintain

Training staff is just the start. For Active Support to be fully established, the following practices must be in place.



Daily/weekly activity plans



Monitoring when activities happen



Positive feedback for staff teams



Regular discussion within staff meetings