



*Understanding behaviour and responding appropriately, with sensitivity, to improve the wellbeing of people with autism*

### **Complex Needs and Behaviour Management**

Many individuals with autism (with or without the associated learning disabilities) can display behaviours that challenge. Most individuals will learn to develop social and communication skills which enable them to be understood. People with learning disabilities struggle to develop these skills.

Challenging behaviours can include physical aggression, self-injurious behaviour, ritualised or obsessive behaviours. These can be a sign of frustration or pain, and a means of trying to control their environment or a change in routine. There are a number of reasons why an individual might display these behaviours. In order for parents and support staff to understand the reasons behind these behaviours, skilled analysis is required. On the basis of this analysis, strategies can be devised to prevent or limit the behaviours.

We work with a team of behaviour specialists to help individuals with autism and their families to identify the triggers behind the behaviours and put programmes in place to prevent or limit them in future.

### **Positive Behavioural Support (PBS)**

Positive Behavioural Support (PBS) has become established as the preferred approach when working with people with learning disabilities who exhibit behaviours described as 'challenging'.

Central to PBS is the process of functional analysis: finding out under what conditions a person's behaviour tends to occur and what outcomes it achieves for them. It is only by producing such an assessment that we can properly understand the meaning behind a person's behaviour and plan appropriate supports. Not surprisingly, intervention plans based on functional analysis are significantly more successful than those which are not.

### **PBSpro**

PBSpro is an online tool for helping parents and professionals to conduct functional analysis. It generates a detailed behavioural report based on the understanding of why behaviours are occurring and allows observations on the accuracy of any hypothesis.

PBSpro brings positive behavioural support within everyone's grasp – parents, teachers, support staff and professionals – by taking you through a step-by-step process of conducting a functional analysis, collecting direct behavioural observations and producing a PBS plan.

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