

## PROMOTING POSITIVE BEHAVIOUR IN A PERSON-CENTRED WAY (PPB<sup>®</sup>)



The term 'challenging behaviour' is a label which describes the behaviour of children, young people and adults which limits inclusion and/or is considered to be 'risky' or harmful to the person or others. It is now accepted that people who present with challenging behaviour require a response which provides an appropriate level of support that addresses the personal and environmental causes of the behaviour and enables the individual to live an inclusive lifestyle.

To help people achieve **independence, choice and control** in their own lives, national guidance recommends that service providers within the education, social and health care sectors ensure that staff are equipped with a range of knowledge, tools and person-centred techniques, which support and promote positive behaviour.

This 3-day Promoting Positive Behaviour in a Person-Centred Way Programme (PPB<sup>®</sup>) has been developed to examine, identify and promote professional practice which supports children, young people and adults to create new opportunities to live full and independent lives as part of their communities<sup>(1-6)</sup>. The Programme enables staff and carers to develop and implement person-centred approaches that promote positive behaviours in order to reduce the opportunity, likelihood and/or type of challenging behaviour exhibited. The PPB<sup>®</sup> Programme enables participants to examine their personal value and belief systems, life experiences and tolerances and gives participants the knowledge and proactive skills needed to help prevent or reduce the likelihood of challenging behaviour occurring.

The **PPB<sup>®</sup>** programme is suitable for staff and carers who work directly with children, young people and adults who present behaviour that limits inclusion and/or is considered to be 'risky' or harmful to the person or others. It can be delivered as a standalone training event or as a complementary component to any or all of the existing and future Positive Options programmes, including:

- **Person-Centred Supported Decision-Making (SDM<sup>®</sup>)**; and
- **Managing Actual or Potential Aggression (MAPA<sup>®</sup>)** training.

**PPB<sup>®</sup>** is linked to national guidance and the workforce development agenda e.g. NVQ, LDQ and National Occupational Competencies. The programme includes a participant learning pack that provides a range of course materials to enable participants to transfer their learning into the workplace.



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### Programme Aims:

- To define 'challenging behaviour' as a social construct and to understand the impact that it has on the person and others.
- To provide an understanding of the cause and functions of challenging behaviour and the relationship between the individual and environmental factors which influence it.
- To explore a range of person-centred tools, techniques and approaches that can be used to support someone with 'challenging behaviour' to produce lasting positive outcomes.

### Programme Themes:

- Defining behaviour and 'challenging behaviour', including identifying the range of challenges within individual service settings.
- Understanding causes and functions of 'challenging behaviour', including personal, socio-cultural and environmental setting conditions.
- Exploring perspectives on challenging behaviour and impact factors on service users and others.
- How attitudes, values and beliefs influence our approach to promoting positive behaviour.
- A context to delivering individualised support at both organisational and worker level, and at a service user and carer level.
- Developing the foundations of person-centred approaches and using tools and techniques that promote positive behaviour and reduce challenging behaviour.



### FOR FURTHER INFORMATION:

#### About the PPB<sup>®</sup> Product:

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#### References:

- <sup>1</sup> Department of Health (1993): *Services for People with Learning Disabilities and Challenging Behaviour or Mental Health Needs.*
- <sup>2</sup> Department of Health (2001): *Valuing People: A New Strategy for Learning Disability for the 21st Century (White Paper)*
- <sup>3</sup> Oftsted (2005): *Managing Challenging Behaviour: Better Education and Care*
- <sup>4</sup> Mental Capacity Implementation Programme (2006): *Making Decisions: A Guide for People who Work in Health and Social Care*
- <sup>5</sup> Department of Health (2007): *Our Health, Our Care, Our Say*
- <sup>6</sup> Royal College of Psychiatrists (2007): *Challenging Behaviour: a Unified Approach.*