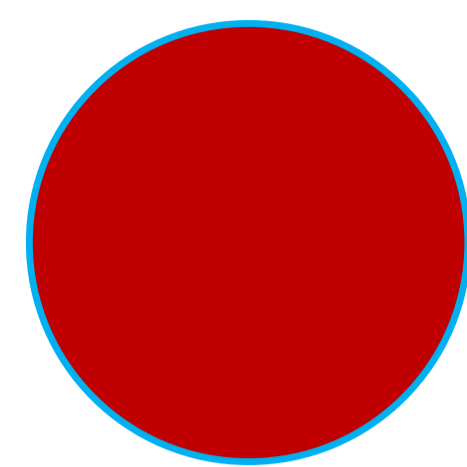


# My Positive Behaviour Support (PBS) plan

A PBS plan is an individualized care plan to identify and understand behaviours that may be challenging and then identify strategies to avoid and deal with the difficult situation.

## My difficult situation:

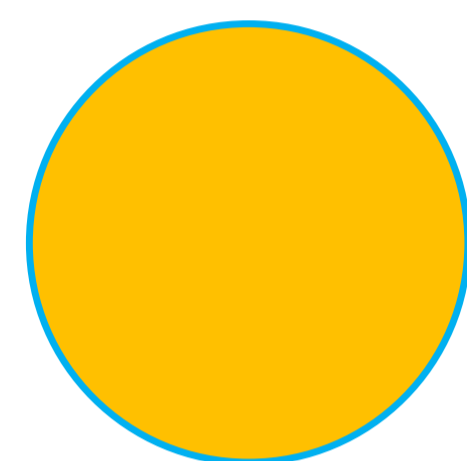


(For example, an event or situation that increases me to be at unease and find it harder to cope, such as loud noise or a bad experience)

## My challenging behaviour usually has a function and it is to:

(For example, if I am frustrated and overwhelmed that I cannot do something as it is too complicated for me, I might throw my pillow as I want to be removed from the situation)

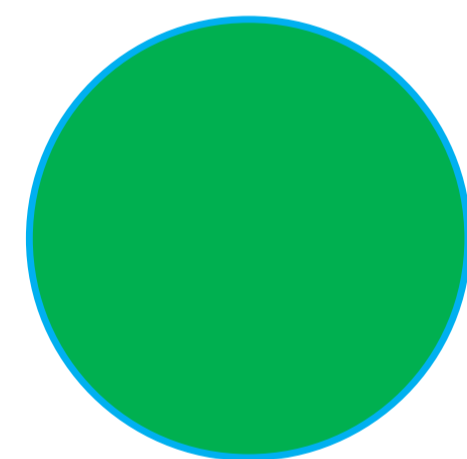
## Behaviours I might display:



Early warning signs:  
(For example, skin picking, not speaking or rocking)

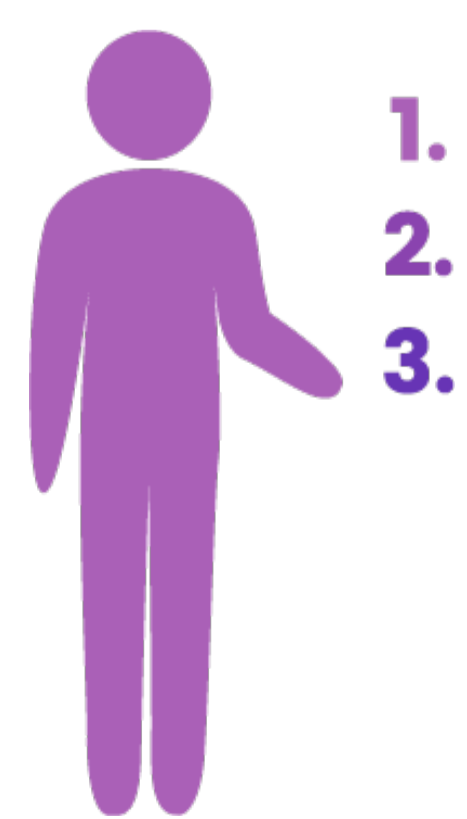
If early warning signs are not noticed I might:  
(For example, my voice will get louder)

## What can I do to avoid this difficult situation:



(For example, early communication and reviews, have time out, certain environments avoided, interaction styles)

## What you can do to support me – Positive support strategies:



When I am showing early warning signs:  
(For example, ask me what is wrong or distract me by...)

- 1.
- 2.
- 3.

If the situation has escalated:  
(For example, talk in a calm voice, give me space but keep me in sight)

Afterwards:  
(For example, encourage me to play my music)