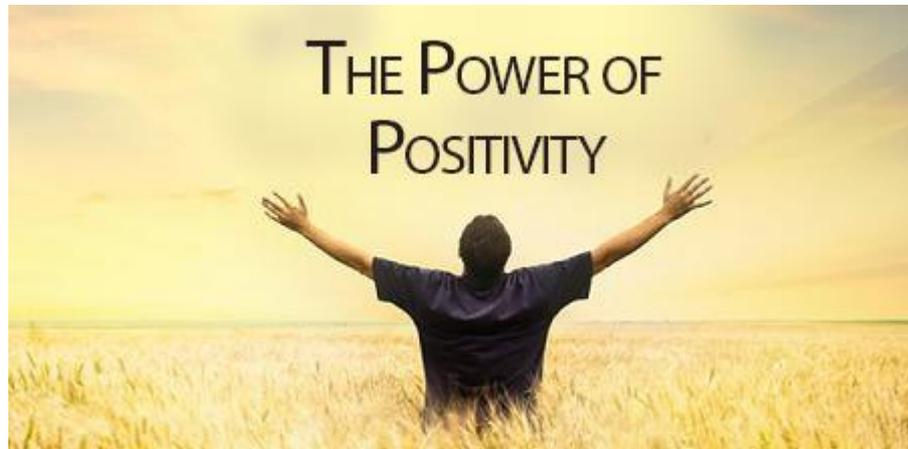


Promote Positive Behaviour Unit 12



P1 Demonstrate a person-centred approach to promote positive behaviour

Learning objectives

1. To understand what person centred approach is.
2. To understand what promoting positive behaviour involves

Learning outcomes

1. To define key concepts
2. To Analyse Strategies

Promote Positive Behaviour

- Whilst studying this unit we will investigate the ways that people with challenging behaviour can be supported in a positive way.
- Best practice to reduce challenging behaviour, involves positively supporting people, rather than punishing them. We will investigate the impact of caring for people positively, on behaviour.
- There are five pass criteria
- there are three merit criteria
- there is one distinction criteria

What is challenging behaviour?

- Behaviour that causes harm to the person or others, or if it stops them fulfilling some aspect of their lives.
 1. This can be verbal such as swearing, shouting and crying.
 2. It can be physical, such as hurting themselves or others, or damaging property.
- Behaviours like this mean that people can experience physical and emotional pain but it can also put restrictions on their lives; such as, being unable to spend time with other people or experience things like trips out.

www.youtube.com/watch?v=Rnn63nyMGns

Ideas map: Challenging Behaviour in Settings

Ideas Map Contents

All:

1. Describe the **service users** in this setting.
2. What do these settings aim to do?
3. Give **examples of behaviour** that service users might do, that could cause **harm to themselves**.
4. **Examples of behaviour** that service users might do to other people or property.
5. Extension: What might **cause** the service users to exhibit challenging behaviour?

Settings

- a) **Acute psychiatric settings**: such as mental health departments where service users have been sectioned.
- b) **Residential units for people with learning disabilities**: Such as homes where adults with Down syndrome or autism live.
- c) **Services for people who are elderly and confused**: Such as nursing homes and residential homes.
- d) **Some childcare settings**: Such as day nurseries or schools.
- e) **Foster care**: temporary homes for children who have been taken away from their parents by social services.

Remember: Not all service users will exhibit challenging behaviour

P1: Demonstrate a Person-Centred Approach to Promote Positive Behaviour

You are going to design a support pack for new workers to help train them on what a person centred approach is.

What does a person centred approach involve?

1. Identifying patterns of behaviour
2. Understanding the impact of the environment on behaviour
3. Understanding the physiological aspects of behaviour
4. Implementing positive behaviour support

1. Identifying Patterns of Behaviour: Precursors.

Before people demonstrate challenging behaviours, there are usually individual signs that their behaviour is about to change/deteriorate. A carer should work closely with a service user to be able to identify patterns and learn to spot when their behaviours change and identify when they are likely to become challenging.

This means looking out for changes in

1. **Speech:** Speech may become quicker, slower all the tone might change usually it becomes higher.
2. **Breathing:** as people become tense they may change their breathing rate usually this becomes faster.
3. **Facial expressions:** this will affect people differently depending on their personality, culture or background. There will probably be patterns such as squinting, frowning, grinning.
4. **Movement:** people who are experiencing stress difficulties are likely to move more and move more erratically such as pacing the room or tapping something and generally becoming more restless.

How could this be used to promote positive behaviour?

Why is this person centred approach?



2. Understand the Impact of the Environment on Behaviour

Individual people have different needs and requirements for the environment that they live in / are or cared for in. Poorly constructed environments for changes to environments can therefore, trigger challenging behaviours. Care workers have to consider the following factors:

1. **Personal Space and Privacy:** Service users must be allowed time when they are alone. If service users find it difficult to be in a group, of any particular size it is the carers duty to support them in these situations and minimise them.
2. **Structure:** People with different needs require different levels of structure in their daily life. Care workers should provide the appropriate level of planned activities to ensure service users feel secure, stimulated and are not bored.
3. **Autonomy:** Depending on the individual's circumstances they will be able to hold different levels of autonomy. Care workers must ensure service users are empowered as much as possible. This involves ensuring that they are allowed to make as many decisions and choices about their own lives as possible.
4. **Maintaining Dignity and Respect:** All services should know that they are important and thought highly of. Care workers have to show service users this in how they speak to service users and how they treat them.

Give examples of how these factors could be put into practice to promote positive behaviour for individuals in either a day nursery or a residential care home for the elderly. Why would taking these factors into consideration be likely to reduce challenging behaviour and promote positive behaviour?



3. Understand the Physiological Aspects of Behaviour

- Physiology relates to maintaining a healthy body. Therefore any medical problems or conditions an individual has will contribute towards how they behave and should be planned for when caring for individuals.
1. **Pain, illness and infection:** If a person is experiencing physical pain from an illness such as pneumonia or an infection such as chickenpox or HIV, this is likely to change their behaviour. Therefore if care workers can tailor their care to support service user to manage or overcome their infection they are less likely to display challenging behaviours.
 2. **Substance use:** If her service user has a dependency on recreational or medicinal drugs, alcohol or even cigarettes, the use or deprivation of these substances, will impact on their behaviour.
 3. **Epilepsy/diabetes:** These are medical conditions which some individuals have to cope with as part of their daily lives. The knowledge that an individual has one of these conditions can cause different levels of anxiety and therefore change behaviour. How these conditions are treated and how well monitored will directly affect how an individual behaves. No one person has the same epilepsy or same diabetes condition is another.

How could understanding physiological aspects of health such as these be used to promote positive behaviour?

Why is this person centred approach?



4. Behaviour Support Plans

Behaviour support plans are documents that set out how to teach people , who display challenging behaviours, a more effective way to behave. Different services will have slightly different designs.

They do not aim to teach the person that their behaviour is wrong but a way for themselves to cope better. It is there to help carers teach alternative skills and ways of coping with difficult situations and change the environment to help the service user.

They Should:

1. Have Clear plans / strategies for carers on how to respond to particular challenging behaviours
2. Achieve rapid, safe and effective control of risky behaviour.

Structure of Behaviour Support Plans

- 1. Primary Preventative Strategies:**
- 2. Secondary Preventative Strategies**
- 3. Tertiary Strategies:**

Structure of Behaviour Support Plans

- 1. Primary Preventative Strategies: Proactive**
Practical things that will reduce the negative feelings or triggers for service users. Such as ways to make them feel less anxious in general.



Shhhhh!

Quiet
Environment



Give people
choices



Have Comforting
Belongings

Structure of Behaviour Support Plans

- 2. Secondary Preventative Strategies:** Proactive Techniques to help service users cope when challenging behaviours are first triggered. These involve de-escalation techniques such as breathing exercises or diversion that may involve particular activities.



Favourite Games



Jokes / Humour



designed by freepik.com

Music

Structure of Behaviour Support Plans

- 3. Tertiary Strategies:** Reactive techniques usually restrictive interventions such as restraint. These are only to be used if there is a significant risk of harm to the individuals or others.



Restraint



Talk Calmly