Aspect Positive Behaviour Support
Person Centred PBS Checklist for Families

aspect practice

This checklist is for any family who is receiving a Positive Behaviour Support (PBS) service. The aim of the checklist is to empower families to ask key questions that will ensure a positive, person centred PBS service.

What is 'Person Centred' Positive Behaviour Support?

Person-centred planning is a respectful process that puts the person with a disability in the centre of their services and supports and resulting in them achieving a good quality lifestyle based upon their rights, preferences, needs and choices. Good practice PBS incorporates person centred principles and outcomes by providing a respectful service resulting in quality of life change. and PBS plans must be person-centred and should:

- ✓ Where possible include the person in the development of their plan
- ✓ View the person positively, accurately and in depth, listing their strengths, interests & what we like and admire about them first
- ✓ Consider the whole person including relevant environments, their quality of life and history
- ✓ Understand the impact of a disability on a person and describe how the lack of the right support results in any difficulties or challenges
- ✓ Be empathetic and use language positively

Person Centred PBS Checklist

Below is a list of questions your family and/or team can use to help review a Positive Behaviour Support Plan from a person centred perspective. The checklist is completed when the plan is ready to be implemented.

PBS plan part	Questions about the PBS plan	✓
Plan Introduction	1. Does the plan include a positive photograph of the person?	
	2. Have we contributed to the plan to ensure there is rich, accurate information? Has the person confirmed this information and given their consent (if possible)?	
	3. Does the plan describe the whole person (include strengths, interests, personality, what is liked about the person, a description of an ideal day)?	
	4. Does the plan describe the person's goals, and what's important to them?	

PBS plan part	Questions about the PBS plan	✓
Plan Assessment	1. Does the plan seek to understand the person and the challenging behaviour from a holistic point of view (seeing the person, not just a problem behaviour)?	
	2. Has a quality of life assessment been completed (community based activities, friends, freely given relationships, choice and control, regular access to likes)?	
	3. Does the assessment consider what is currently working and not working in the individual's life from the person and other's point of view?	
	4. Does the assessment capture the activities and interests in the individual's life, and are they getting enough of these activities?	
	5. Does the plan describe the person's communication ability and communication style?	
Plan Intervention	1. Have we (family and team) and the person themselves been consulted in developing the intervention plan? Do we feel a sense of ownership in implementing the plan?	
	2. Does the intervention build on the person's skills and strengths?	
	3. Does the plan facilitate quality of life (community participation, friends, choice, having a sense of competence & self-worth) and skills development?	
	4. Does the plan outline what a bad day (triggers included) and what a good day would look like?	
Plan Implementation & review	1. Has the intervention met any of the person's goals?	
	2. Is the implementation plan specific enough to monitor progress?	
	3. Are each team member's responsibilities for implementing the plan clearly outlined?	
	4. Is there evidence that the positive behaviour support strategies are being implemented consistently (i.e. meaningful engagement, skills acquisition)?	
	5. Is there an option to review each specific person centred goal to ensure that progress is continued?	
	6. Are there ongoing improvements to the person's quality of life?	

If you feel that the person's support plan does not adequately address these person centred criteria, you are encouraged to discuss this with your team and your PBS service provider.

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