



Positive Behaviour Support Plan

Name:	Completed By:
Date:	Review Date:
Did the individual contribute to their PBS plan?	
<input type="button" value="YES"/>	
<input type="button" value="NO"/>	



Profile

A brief description/overview of the person including things that are important to the person, communication (including aids), likes/dilikes, health, mental health, mobility (including aids), diagnosis, relationships, phobias. This is a live document and should be reviewed and updated if and when more is understood about the functions of my behaviour.



Communication

How do I communicate, what aids do I need, the level of my understanding, what support do I need etc.



Functional Skills

What skills do I have, do I need support to complete them, what support do I need etc.



My baseline behaviour

How do I show you that I am happy/calm

What can you do to help me remain happy/calm

Setting Events/Slow Triggers

Family visits, people, appointments, lack of sleep, missing a meal, lack of fluids, constipation etc.

Known Antecedents/Triggers

What happens before the event

What is my escalating behaviour?

What do I look like/sound like when I am beginning to become less happy/calm

What do you/can you do to help me

What do I look like when I am starting to calm



Behaviours that challenge

Ensure full description of what each behaviour looks like and why these are impacting on services, environments, access to the community, quality of life, risks

Behaviour	Impact	Frequency

New skills teaching (such as learning to use a feelings chart, learning relaxation techniques, introducing distraction techniques, learning to identify pain using a visual pain chart etc)

What do I look like when I begin to emit behaviour that challenges

Include what the person looks and sounds like. Are there cycles to the behaviour, if so, what does it look like, what comes first...

How do you respond when I am emitting any identified behaviours that challenge?

Include verbal cues, body language, facial expression etc. What is the agreed diversion/distraction techniques used?

Post Incident

How do you make me feel safe/comfortable



See how Log my Care's PBS feature works in an interactive demo

[Click here for an interactive demo](#)