

Introduction to Challenging Behaviour and Positive Behavioural Support

Laura McLean –Occupational Therapist
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FORMAT

- Introduction
- Who is IN
- What is challenging behaviour (CB)
- Why might people display CB
- Approaches to CB
- What influences behaviour?
- Costs and gains of challenging behaviour
- Principles of Positive Behavioural Support (PBS)

Who is IN ?

- Daughter/Sister/Granddaughter/Cousin/Friend/Neighbour – very caring
- Loves music and dancing
- Animal lover
- Enjoys a bit of drama!
- Romantic
- Enjoys dressing up and makeup
- Food lover
- Spontaneous
- Curious
- Reluctant exerciser
- Mischievous
- Enjoys games and learning when in the mood
- Complex
- Loves travel and watching planes
- Enjoys day dreaming about her future
- Wants independence
- Determined
- Enjoys picnics at favourite spots
-and much more 😊

Health Needs

- Microcephaly
- Learning Disability
- Epilepsy
- ADHD
- Presents with features associated with autism
- Prone to dry skin

- And in addition – communication needs

WHAT IS CHALLENGING BEHAVIOUR?

- “Severely challenging behaviour refers to behaviour of such an **intensity**, **frequency**, or **duration** that **physical safety** of the person or others is likely to be placed in serious jeopardy, or behaviour which is likely to seriously **limit** or **delay access** to and use of ordinary **community facilities**.”

Emerson et al (1987)

Challenging Behaviour

- Repetitive language
- screaming
- swearing
- hyperactivity
- aggression to self
- destruction of environment
- spitting
- stripping
- regurgitation
- anal poking
- Pica
- urinating
- faecally smearing
- exhibitionism
- rocking
- mimicking
- obsessive behaviour
- aggression to others
- stealing
- poor social/life skills
- hoax calls

Why might people display CB?

- Means of communication
- Expression of anger
- Expression of frustration
- To increase/decrease sensory stimulation
- As a reaction to pain
- Expression of unhappiness
- Boredom
- Change in health status

There is a reason behind every behaviour and a trigger for that behaviour.

Costs of challenging behaviour

- Safety of individual and/or others
- Decreased social integration
- Limited community access
- Limited opportunities
- Negative attitudes from others
- Long-term labelling
- Placement breakdown
- Anger/stress/fear

Gains from Challenging Behaviour

- Attention
- Pleasure (Sensory)
- Avoid situation/get left alone (Escape)
- Response to pain
- To get access to something (Tangible)

Approaches - HISTORICAL

- **Punitive** approaches used.
- Clients viewed as 'bad' and in need of **firm discipline**.
- Little focus on developing more appropriate behaviour or looking at the cause of the behaviour.
- Approach to care **custodial** with main aim being to contain and control clients - partly due to staffing levels.

Approaches - CURRENT

- More **positive** focus.
- Don't focus on behaviour in isolation - look at **all factors potentially affecting behaviour** and what **purpose** the behaviour serves for the individual.
- Understanding that all behaviour is a form of **communication**.

Current approaches cont'd

- Concentrate on **teaching** the client more effective ways of communicating their needs and development of **functional skills**.
- Recognition of impact on Quality of life
- Whole systems approach - need to gather data, understand function of behaviour and develop comprehensive plan to meet needs

What can influence behaviour

- Opportunities
- Health
- Environment
- Communication
- Support

What influences behaviour - OPPORTUNITIES

- Recreation
- Daily Structure
- Independence
- Social interaction
- Access to resources
- Lack of choice and control
- Lack of meaningful activity

What influences behaviour - HEALTH

- General
- Psychiatric
- Physical disabilities
- Hormones
- Dental Problems
- Epilepsy
- Sensory Impairment
- Autistic Spectrum Disorder

What influences behaviour - ENVIRONMENT

- Noise
- Setting
- Crowding
- Too much/too little structure
- Other clients
- Staff
- Lighting
- Temperature
- Over/under stimulating
- Physical layout
- Changing client's environment
- Demands on client

What influences behaviour - COMMUNICATION

- Comprehension
- Ability to make needs known
- Opportunities for positive interaction

Key Components of PBS

Values

- Increased opportunities and Quality of life reduces CB
- Teaching of new skills
- Carer participation central to whole process

Theory

- Basis in Applied Behavioural Analysis
- Knowledge that CB serves a function and is a form of communication
- Other approaches and theory can be used alongside PBS

Process

- Data driven to inform each step of process
- Need to understand function of behaviour before developing PBS plan.
- Multi-element plan- multiple strategies to avoid behaviour happening and few reactive strategies.
- Needs to monitored and evaluated and sustainable

Process - Data Collection and recording

- Need to collect data to understand function of behaviour and be able to explore potential triggers and setting events.
- Need an accessible, consistent way to collect data on any incidents (e.g. via ABC or S.T.A.R charts - **S**etting Events, **T**riggers, **A**ction (behaviour) and **R**esponse)
- Also need accessible, consistent way to record daily activities. Think re use of tick boxes, headings, coding systems in order to avoid pages of free text that are hard to trawl through or compare day to day

Risk assessment and Protocols - priority

- Already have a few in place in relation to Epilepsy, absconding and mobility
- What needs to be added to support move to flat?
- Need to plan for the “**what ifs**” - gives staff confidence to know a protocol is in place

PBS plan - Next steps

- Part of this is the protocols (proactive and reactive strategies) and risk assessments - **but** need to backtrack slightly to ensure we all have the same shared understanding of functions of behaviour, that we have the environment right and that there are opportunities for skills teaching and active participation.
- So focus on
 - Data collection
 - Capable Environment
 - Active Support
- As well as any additional staff training

Summary

- The term challenging behaviour does not always mean actual or threatened aggression.
- Focus is on adapting the environment and teaching new skills to make CB obsolete
- Focus is on improving opportunities and Quality of Life

Summary

- By carrying out risk assessment you can dramatically reduce the risk.
- Many things influence behaviour - environment, opportunities, skills, daily structure, health and communication.
- All CB is a form of communication and has a trigger- *listen to the whispers and the client will not need to shout.*