

# The BILD Positive Behaviour Support International Research and Practice Conference 2014

## Defining PBS and promoting evidence based practice

8 - 9 May, Glasgow



# BILD's 2014 Defining PBS and promoting evidence based practice – 9 May

## Workshop 2

Translating theory to practice: quality of life as a positive behaviour support intervention and outcome measure

Bob Bowen, The Mandt System, USA

BILD PBS Conference 2014

**Defining PBS and promoting evidence based practice**



**Translating theory to  
practice: Quality of life  
as a positive  
behaviour support  
intervention and  
outcome measure**

**Presented by  
Bob Bowen  
The Mandt System, Inc.**




# Objectives


- Define Positive Behaviour Support
- Define Challenging Behaviour
- Define Quality of Life
- Delineate steps to improve QOL



# PBIS Original Definition (Horner et al, 1990)

- *PBIS focuses on altering the **antecedents** or triggers of behavior, in order to reduce the likelihood that a specific behavior will be repeated in the presence of the antecedent.* 




But . . . Many staff feel consequences, especially punishment, are the best way to address behaviour change 



# PBIS Original Definition (Horner et al, 1990)


- *PBIS teaches skills to people who may not have developed the **appropriate behavioral responses to stimuli**, giving rise to what becomes behavioral challenges later in life.*

**But . . . Many staff believe that current behaviours only come from current issues and belittle childhood events** 




# PBIS Original Definition (Horner et al, 1990)

- *“PBIS uses **quality of life** as both an intervention and an outcome measure and achieves reduction in targeted behaviors as a secondary by-product of quality of life for the individual.”*  
(Horner et al, 1990)

But . . . Our culture says you get QOL because of what you DO, not because of who you ARE. A major disconnect exists here. 



# The Loneliness of Disability

- *“Loneliness is the central reason why so many are unhappy and distraught.*
- *It is not because our instructional strategies are ill-informed or because our planning processes are inadequate.*
- *It is not because our medications are impotent or because staff are untrained.*
- *Their suffering results from isolation.”* (The Importance of Belonging, *Imagine*, Vol 5, 2010) 





# Challenging Behavior

- *A barrier to a person participating in and contributing to their community;*
- *Undermines a person's rights, dignity or quality of life;*
- *Poses a risk to the health and safety of a person and those with whom they live and work.”*



(The Australian Psychological Society, 2011)




# There's Only One Problem

- **There is no evidence that PBS really improves QOL**


- In 14 studies that were reviewed
- Only one measured QOL
- There was no evidence that PBS improved QOL
- (MacDonald & McGill, 2013)

- Review of 109 articles
- Quality of life outcomes not reported

(Xi et al, 2010) 




# Studying the Right Things

- Many journal publications of what PBS is
- Stopped counting at 200 mentioning Quality of Life as a factor
- Carr (2007) says that QOL is the “central dependent variable”
- Shouldn't we be measuring this?
- A dependent variable is what is being measured by an experiment” (University of Pennsylvania, 2014)
- We have been studying things we can give numbers to, measure
- We need to treat PBS as an art and a science
- We need to feel and think our way through 



# To Improve QOL Address the Cause

- People affected by disabilities without high QOL
- Do not have ordered and predictable worlds
- Have limited social networks
- Experience pain, fatigue
- Are in environments that are disempowering
- (Albrecht & Devlieger, 1999)
- Sooooooooooooo . . .
- To the extent you can, provide predictability
- Develop social capital
- Address medical issues
- Empower others (means you give up power) 




# The Tendency to Hierarchisize

- In 1943 Maslow first wrote about needs
- There was no hierarchy
- Needs are interdependent
- This is an all or nothing approach
- It has to be
- To do anything less continues our domination over people 🖐️

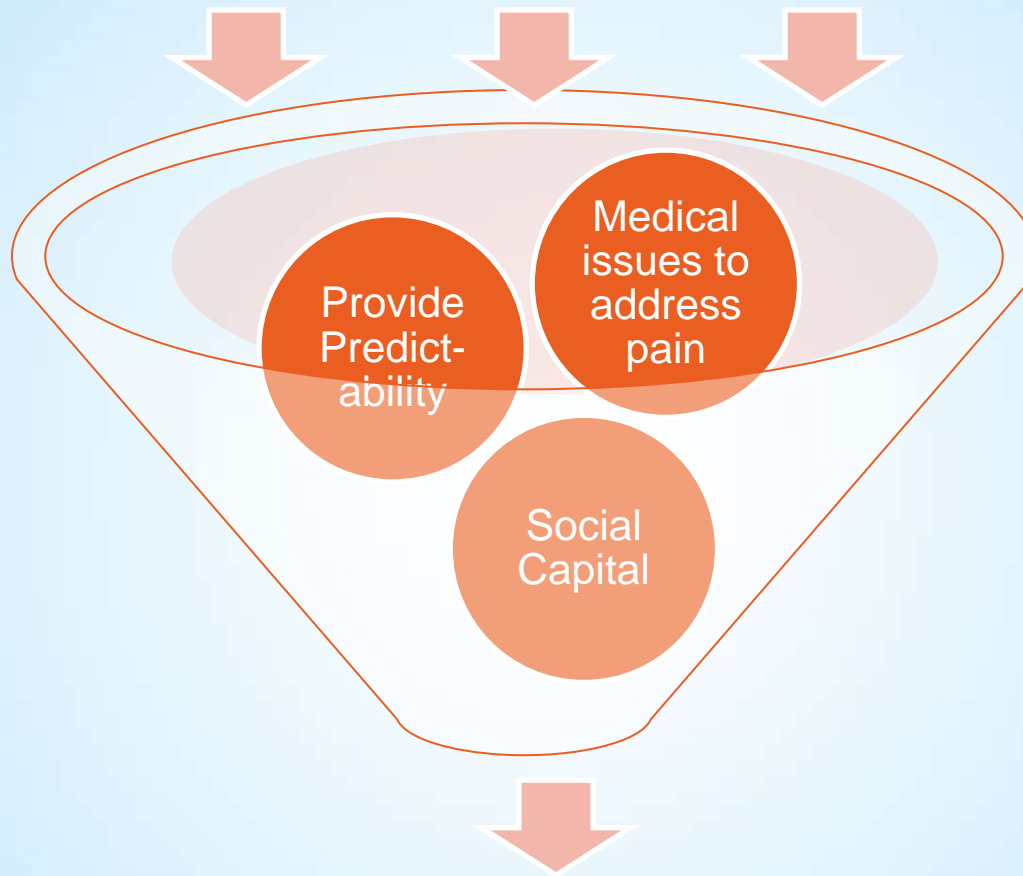


# How Does One Implement QOL?

- You ask people what is important
- You teach people affected by disabilities to be researchers
- You listen and learn
- You serve (Nancy Ward, 2014) 



# Empowerment



Quality of Life



# Data on QOL – 2 Clients

- 21 year old man in Canada
- 3 hospitalizations per month, in jail at time of assessment
- Weekly involvement with police and emergency room staff
- Plan focused only on QOL, no formal behavioural contract
- In 7 months no hospitalizations or arrests
- 2 ER visits, 3 incidents involving police
- 22 year old woman in America
- 3 psychiatric hospitalizations per year
- 25 prone restraints per month over 5 year period
- Plan focused only on QOL, no formal behavioural contract
- 11 years later no psychiatric hospitalizations, no restraints 🖐️





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