A PBS led approach to restraint reduction

Now I walk to school

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“Effective support does not require different kinds of service but it does require more skilled staff support that is well organised to meet the person's individual needs.”
PBS Values

• Person / child centred
• Human rights led
• Explicit commitment to eliminate the use of all unnecessary restrictive practices
• Involves changing the behaviour of the staff carers as well as the person
• Human led
PBS questions

So there are some PBS questions to consider when we are supporting someone.
Use of self in PBS

Most important tool in providing non restrictive proactive support is the person providing the support.

Use of Self in Residential Child Care
Fiona Feilberg 200?

Empathy, critical thinking, attunement to others, commitment, emotional maturity, self reflectiveness.
Reflective practice is not really common sense and therefore not very common and needs cultivating’

*John Clements 2002*

‘Staff behaviour may inadvertently contribute to the maintenance of challenging behaviour’

*Andy Mc Donnell 1997*
Gadoodleborgers

Empathy is a bridge connecting two people……

When we are able to cross the bridge we find new ways to “support people” not just their behaviour

Bowen 1999
Building empathy and connectedness

We are appropriately and humbly looking for a little common ground on which to stand, a little insight into and stern compassion with the state of being of others.

from Kate Cairns

Attachment Trauma and Resilience 2002
Kindness

Kindness is most effective when directed by intelligence. It inspires and directs the attention of and efforts of people towards building relationships with people recognizing their needs and treating them well.

*Ballat and Campling 2011*
Case study: Fred

Fred
New activity
Non preferred or perceived to be non-preferred by EP

Sense of relief?
Physical Move
Countdown
Change of Face
Interaction
Explanation
More information
Re prompt
Ignore
Change of Face
Interaction
Explanation
More information
Re prompt

Sense of relief?
Hitting
Over aroused, sense of self compromised
Annoyed
Likes interaction
Becomes preferred activity, likes corridor
Cant process
TMI

STUCK
Cant - AS - Sensory Challenge?

End of one activity, staff prompt for new venue/activity
What do we all need when things are difficult?

- Consistency
- Patience
- Help
- Reward
- Kindness
- Understanding / empathy

All elements that should be part of a PBS intervention
Or

Physical restraint?
What is it like to walk down the street if you have AS?
In summary: Hearts and Minds

Successful Restraint Reduction and PBS depends on winning hearts and minds.

Connecting staff and supporters with the experiences and reality of peoples lives.

“"The battle for hearts and minds was proving too difficult, so I thought we’d just make do with heads"
Thank you

Sarah Leitch
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