

1. Use of Behavioural Technology

- **Functional analysis** as the basis of all interventions
- **Multi-component** interventions: including **environmental** change, **antecedent** manipulation, **teaching** adaptive behaviours, use of **reinforcement** and **reactive** strategies
- Systematic use of **data** to inform & evaluate interventions
- Use of other evidence-based **approaches**

2. Based on Specific Values

- **Person-centred** values and beliefs underlie PBS
- **Non-aversive** & respectful: interventions must be **socially valid** and comparable to those for non-disabled individuals
- **Involvement of stakeholders**: family & friends must inform the intervention process, agree strategies and evaluate effectiveness
- **Contextual fit**: interventions must make sense for the values, skills & resources of these stakeholders
- **Ecological validity**: involvement of 'typical agents' in implementing the intervention, i.e. family and ordinary support staff

3. Focus on Quality of Life

- Primary goal of PBS, non-contingent & non-negotiable
- Long-term focus to achieve generalised & lasting changes
- Includes improved relationships, increased community integration, greater self-confidence, increased choice and a fuller range of opportunities

4. Commitment to Systems Change

- A belief that meaningful and lasting change is only possible if organisations and systems around people are changed
- A good PBS plan is not enough – organisational systems must be introduced to support this and ensure its implementation