

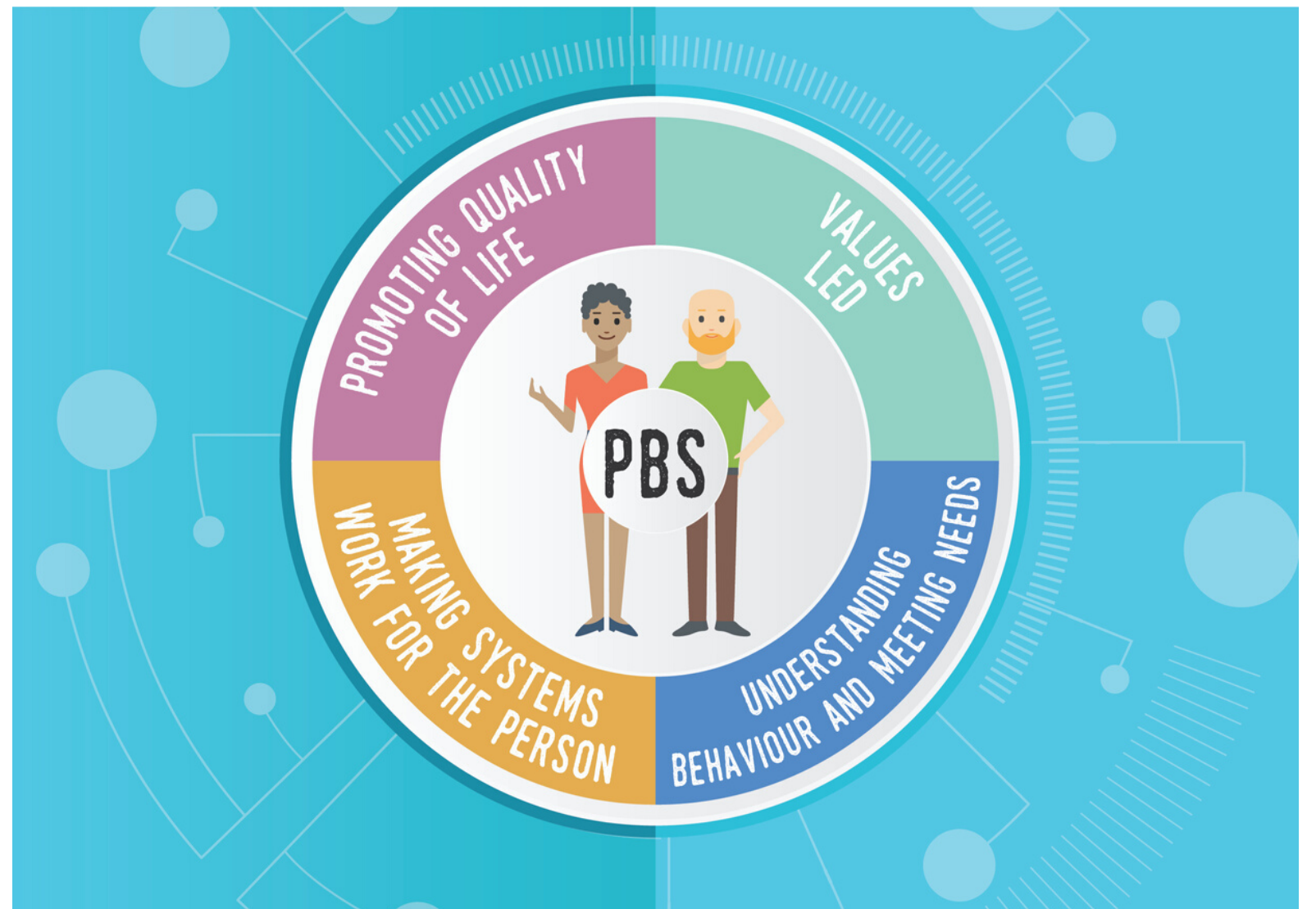
## Responding to the coronavirus outbreak through PBS

Some of the key principles of PBS are improving people's quality of life, focusing on building skills and reducing and avoiding unnecessary restrictions. We encourage all services and schools to continue that focus, as well as other key principles of PBS, as you work through this difficult and challenging time. The following are a few simple recommendations to help you and we will be providing more ideas on where to look for help over the coming days and weeks.

**Be kind.** Kindness is an incredibly important act, of course for others but also for ourselves. This is a time with challenges and upheaval to our lives, and we are all feeling the anxieties and emotions that go with that. People we support particularly need us to be kind to them and this will help to protect their quality of life.

**Plan for disruption to routines.** Everyone's routines are being disrupted but try to plan a new routine based on the current situation, circumstances and restrictions if at all possible. This will help people to feel safer and less anxious. Plan how to continue to provide Active Support with reduced staffing levels. Think about increasing the amount and frequency of quality of life interventions that are low financial, resource and staff cost to build new achievable routines. Click on this link <https://www.bild.org.uk/resource/subjective-quality-of-life-tool/> for ideas on how to do this.

**Prompt, teach, and reinforce wash, cover, clean, and maintain distance behaviours.** That is, explicitly teach prevention measures such as frequent hand washing (20-30 seconds), keeping hands away from face, coughing into the crook of your arm, and wiping shared materials with disinfectant after use within your routines. Make sure all staff are teaching these prevention strategies, creating routines to ensure they occur (e.g., extra hand washing and sanitising breaks in the day) and delivering high rates of specific positive feedback.



**Support and engage families.** Communicate with families about these prevention strategies. They will be struggling too so it will really help to encourage families to engage in similar prompting, teaching, and reinforcing at home.

**Try to avoid any additional unnecessary restrictions.** The current situation means increased restrictions are a feature of all of our lives but we need to try to make sure that people receiving services don't experience even more restrictions if at all possible.

Click [here](#) and [here](#) for many more ideas.