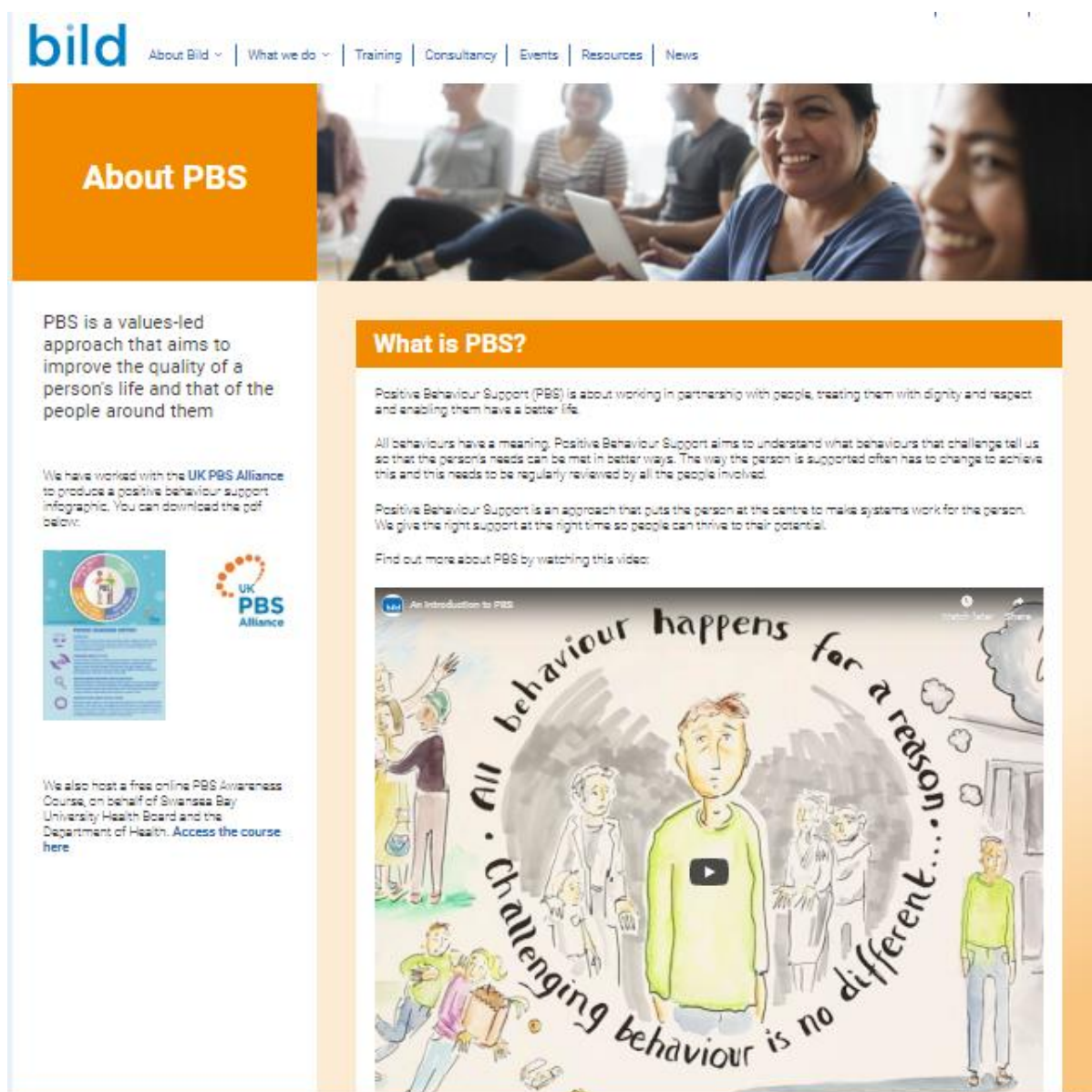


GUIDE TO ACCESSING FREE ONLINE POSITIVE BEHAVIOURAL SUPPORT (PBS) RESOURCES

There is a growing network of professionals and organisations who are working to promote the adoption of PBS as best evidence based practice. PBS can be misunderstood and so this network has been gathering and developing high quality resources that accurately describe the key features of PBS, and ensuring that these resources are widely available and free of charge. Below are links to some specific resources and key websites where a wide range of other materials can be found. New materials are being added on a regular basis.

There are lots of use full resources on the British Institute of Learning Disabilities (BILD) Centre for the Advancement of PBS BILD CAPBS website, including information on PBS, Active Support, webinars by subject matter experts, books and other publications , events, consultancy and training <https://www.bild.org.uk/positive-behaviour-support-pbs/>



The screenshot shows the BILD CAPBS website. The header includes the BILD logo and navigation links: About BILD, What we do, Training, Consultancy, Events, Resources, and News. The main content area is titled 'About PBS' and features a large image of a group of people smiling. Below this, the text states: 'PBS is a values-led approach that aims to improve the quality of a person's life and that of the people around them'. It also mentions a partnership with the UK PBS Alliance to produce a positive behaviour support infographic, which is available for download. A video player is embedded, showing a cartoon illustration of a person in a green shirt with a play button in the center. The video title is 'An Introduction to PBS' and the content includes the text: 'All behaviour happens for a reason... Challenging behaviour is no different...'. The video player also shows a progress bar and a 'Watch later' button.



ACCESSING FREE ONLINE PBS RESOURCES

Follow this link to see the brief 6 minute animation 'An Introduction to PBS' which is very easy to follow on the BILD CAPBS website. [animation hyperlink](#)

The Department of Health commissioned an accessible PBS awareness e learning course, relevant to all vulnerable client groups. This provides a very good comprehensive introduction to PBS, takes about 3 hours to do and is widely used by organisations in health and social care for staff induction and refresher training. There's even an optional self-assessment section and is available on several websites. Follow this links to see it on the BILD CAPBS website

[awareness hyperlink](#)

<https://www.bild.org.uk/free-online-pbs-awareness-course/>



[bild.org.uk/free-online-pbs-awareness-course/](https://www.bild.org.uk/free-online-pbs-awareness-course/)



[About Bild](#) ▾

[What we do](#) ▾

[Training](#)

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[Events](#)

[Resources](#)

[News](#)

Free Online PBS Awareness Course

This is the latest version of the free, easy to access and good quality online PBS Awareness Course that provides a straightforward introduction to PBS. It was developed by Dr Edwin Jones and Professor Kathy Lowe, from Swansea Bay Health Board and Bild.

Originally commissioned by the Department of Health as part of the Positive and Proactive workforce initiative in 2014, the course has been widely used in health and social care. It explains PBS, putting values into practice, how behaviour works and PBS interventions. Feedback has been very positive. Numerous organisations use it as induction and refresher PBS training. The course takes about 3 or 4 hours to complete and can be done in small bite size chunks to suit your learning style.

The new 2019 updated version solves some technical problems and contains new updated brief content on reducing restrictive practice, active support, accessible descriptions of PBS and more. The new resources section provides free downloadable key documents and access to other PBS resources.

A new optional online assessment produces a certificate to evidence successful completion.

[Click here to access the learning content >](#)

[Click here to access the optional assessment>](#)



ACCESSING FREE ONLINE PBS RESOURCES

Also on the BILD CAPBS website are 3 PBS measures, developed by members of the All Wales Challenging Behaviour Community of Practice and endorsed by the Welsh Government. The measures are complementary but can be used independently

1. The Evaluation Matrix assesses the extent to which individual service settings have the necessary infrastructure to deliver high quality Positive Behaviour Support.
2. The PBS Standards Measure assess service quality for individuals.
3. The Practice Leader Competencies measure focuses on the competencies required to achieve the outcomes outlined in the PBS Standards measure.

Each has an accompanying evidence template and a user guide gives detailed examples of PBs good practice

<https://www.bild.org.uk/resource/pbs-standards-for-wales/>

The screenshot shows a web browser displaying the URL <https://www.bild.org.uk/resource/pbs-standards-for-wales/>. The page has a blue header with the word "RESOURCES" in white. Below the header is a large image of an open book with a pen resting on it. The main content area is white and contains the following text:

Positive Behaviour Support (PBS)

PBS Standards for Wales

Three measures were developed in 2018 by providers, commissioners, clinicians and practice leaders to improve the overall quality of service delivery in line with Positive Behavioural Support (PBS). They are endorsed by the Welsh Government and the All Wales Challenging Behaviour Community of Practice.

The measures are complementary but can be used independently. Each has an accompanying Evidence Template. [The separate User Guide](#) supports all three and give detailed examples of good practice related to the measures.

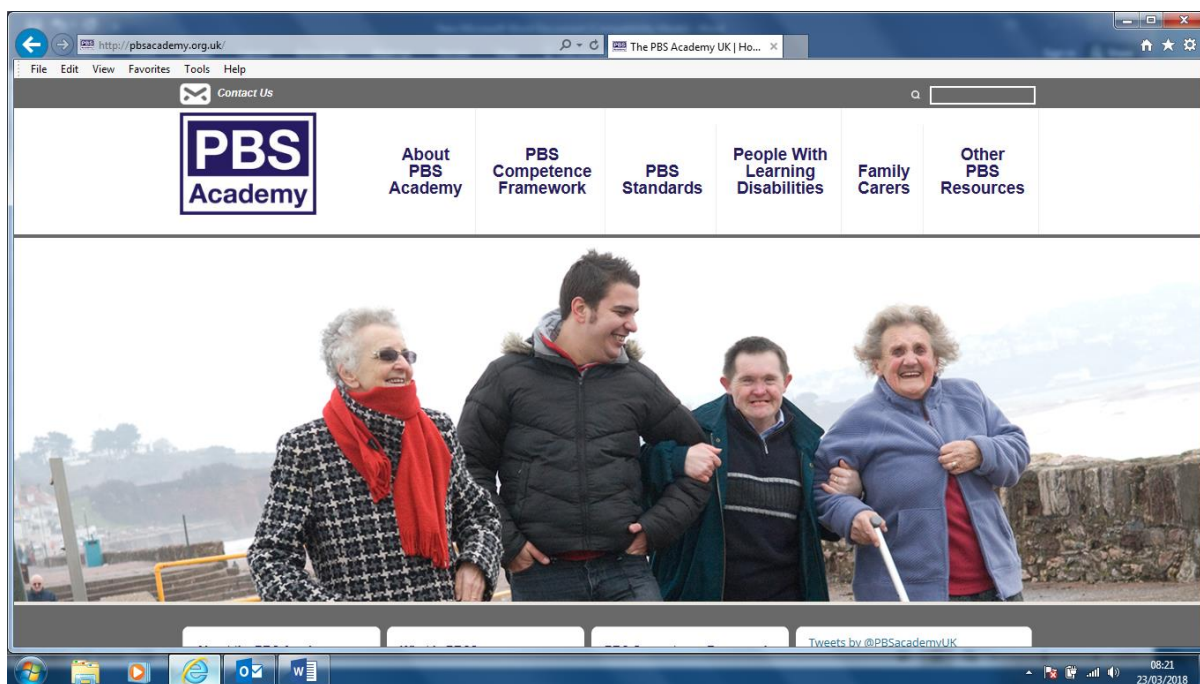
The measures have been designed as service development tools, each generates an overall rating or score as well as an action plan to highlight specific areas for further improvement. Assessors need a good understanding of PBS.

1. **The Evaluation Matrix** assesses the extent to which individual service settings have the necessary infrastructure to deliver high quality Positive Behaviour Support. It measures capacity not performance and may be used by commissioners to assess the potential suitability of services prior to purchase, and by providers for self-evaluation and service development. [Access the accompanying evidence template here.](#)
2. **The PBS Standards Measure** assesses service quality for individuals. It comprises a set of 14 Standards that are mapped directly to the nine Well-being Outcomes in the National Outcomes Framework 2014. [Access the accompanying evidence template here.](#)
3. **The Practice Leader Competencies measure** focuses on the competencies required to achieve the outcomes outlined in the PBS Standards measure. There are 15 competencies designed to aid the development of practice leaders. The measure can be used flexibly and integrated with supervision and staff development processes. Duplication with generic management skills has been avoided where possible so that the focus of this tool is on the competencies required to manage and lead the PBS approach. [Access the accompanying evidence template here.](#)



ACCESSING FREE ONLINE PBS RESOURCES

The **PBS Academy**, is a collective of organisations and individuals working together to promote PBS and includes resources useful to people with learning disabilities, family carers, professionals and services. The resources can be used and amended as long as the PBS academy is acknowledged. Follow this link to the website. <http://pbsacademy.org.uk/>



The Challenging Behaviour Foundation also has a very good website with resources aimed at family carers and professionals

<http://www.challengingbehaviour.org.uk/>




The screenshot shows the homepage of The Challenging Behaviour Foundation. At the top, there is a navigation bar with links: Home, About Us, Information, Supporting You, Driving Change, Workshops, Get Involved, and Support Us. Below this is a banner with three sections: 'For Families' (orange), 'For Professionals' (yellow), and 'Friends of CBF' (green). The main content area features a large heading 'The Challenging Behaviour Foundation' with the tagline 'making a difference to the lives of people with severe learning disabilities'. To the right of the heading is a 'Make a donation' button and the text 'Registered charity no. 1060714'. Below the heading, there is a list of services: 'About Challenging Behaviour', 'Support for Families', 'Positive Behaviour Support', 'PBS Workshops', and 'The Early Intervention Project'. To the right of this list, there is a section titled 'The Challenging Behaviour Foundation' with a paragraph about the charity's mission and a list of services: 'providing information about challenging behaviour', 'peer support groups for family carers and professionals', 'supporting families by phone or email', 'running workshops to reduce challenging behaviour', and 'speaking up for families nationally / campaigning'. Below this, there is a paragraph about the charity's vision and a paragraph about its work. To the right of the text, there is a photograph of a woman and a man smiling. At the bottom left, there is a small logo for 'uk/' and the text 'Engage with local families' and 'Build local capacity'.



ACCESSING FREE ONLINE PBS RESOURCES

The **Restraint Reduction Network** is leading work across different client groups throughout the UK. Their website has a wealth of useful resources and regular updates on policy and practice.

<http://restraintreductionnetwork.org/about/>



Restraint Reduction Network

For more information about the Network
call 0121 415 6960 or email RRN@bild.org.uk

LIKE-MINDED ORGANISATIONS IN PURSUIT OF RESTRAINT-FREE SERVICES

[Home](#) [Take the Pledge](#) [About us](#) [Latest News](#) [Tools and resources](#) [Training Standards 2019](#) [Conferences](#)

ABOUT US

The **Restraint Reduction Network™ (RRN)** is an independent network which brings together committed organisations providing education, health and social care services for people who may challenge. The network has an ambitious mission to reduce reliance on restrictive practices and make a real difference in the lives of people who use across education, health and social care services.


We achieve this mission by sharing learning and developing quality standards and practical tools that support reduction. Our aim is to share learning and facilitate best practice and access to guidance that supports the minimisation of all restrictive and coercive practices:

Manual: Physical Restraint, Clinical Holding, Mechanical Restraint
Chemical: As Required Medication, Coerced Medication, Rapid Tranquillisation
Environmental: Low Stimulus or Segregation Area, Seclusion, Secure/Locked Facility
Psychosocial: Time Out, Restricted Leisure, Social or Occupational Activities, Electronic Tagging

NEW WEBINAR SERIES

WEDNESDAY WEBINARS

NEWS & UPDATES

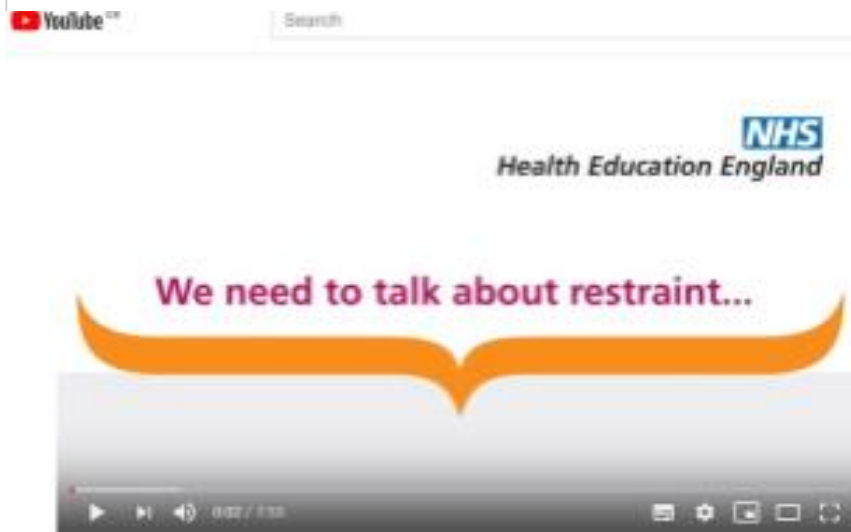


1 pledged because 1 reduced barriers



ACCESSING FREE ONLINE PBS RESOURCES

To access the video we need to talk about restraint follow the links below



<https://vimeo.com/327023971>

or go to <http://restraintreductionnetwork.org/know-the-standard/> and click on the film and you can share it

or

<https://www.youtube.com/watch?v=Kjwh5Ss7r44&feature=youtu.be>



ACCESSING FREE ONLINE PBS RESOURCES

Beth Morrison an award winning parent campaigner from Scotland has made a huge impact regarding reducing restraint and restrictive practices in schools and has useful information and links on her website.

<https://pabsscot.wixsite.com/pabss>

