

Positive Behaviour Support: Group support sessions for family carers

Bild is pleased to be able to provide a series of small group support sessions, via Zoom, for family members and carers of people with learning disabilities.

These sessions are co-facilitated by our PBS consultants and family members of people with learning disabilities who have trained to become PBS Peer Educators. Bild provided group sessions for carers following the first lockdown in 2020 and the uptake for these showed that there is a real need for this type of support and advice.

The overall aim of PBS is to improve the quality of a person's life and that of the people around them. PBS is especially appropriate when someone is distressed or if their behaviour is concerning or challenging.

"...feels like a safety net, and I was definitely held in the safety net today"

"It's been so helpful to have someone to help me get focused and give me reminders about what to do."



Whether you want to discuss how you are doing, gain reassurance that you are doing the right thing, or whether you want to talk through some ideas and get some practical suggestions, you're welcome at these group sessions.

Bild's qualified and experienced PBS consultants can provide targeted coaching and strategies and the family members co-facilitating these sessions will be able to bring their expertise and insight.

Dates available for the **free** sessions can be seen below.

You can book your place on one of the sessions [here](#).

Zoom sessions

February 8, 12pm “What is PBS and can it really work in a family home?”

February 10, 8pm Open discussion

February 15, 12pm Open discussion

February 18, 7.30pm “Talking to my child’s school/care provision about PBS; key questions to ask”

February 21, 7pm “The link between behaviours of concern and physical health”

February 24, 1pm Open discussion

March 1, 13.30pm “Partnership working; getting the best outcomes for the person you are caring for”

March 3, 8pm Open discussion

March 8, 12pm Open discussion

March 9, 7pm “Special Educational Needs and Disability support”

March 17, 1pm Open discussion

March 18 7.30pm “Creating Capable Environments”

March 22, 12.30pm “The link between behaviours of concern and communication”

March 24, 7.45pm Open discussion

March 29. 12pm The link between behaviours of concern and the sensory system”

March 31, 7pm Open discussion