

Positive Behaviour Support (PBS)

Frequently Asked Questions

Positive Behaviour Support (PBS) provides a person-centred framework for people with disability; providing support in situations where there is, or is a risk of, challenging behaviour.

How long does PBS take?

PBS is an ongoing process that takes time to implement and see positive outcomes. However, outcomes can be long-lasting and dramatically improve a person's quality of life.

What if I (or the person I care for) don't have 'behaviours of concern' – would PBS be beneficial for me?

PBS focuses primarily on improving quality of life – so even if behaviours of concern are not present, it can be a fantastic way to develop skills that can support you (or the person you care for) going forward. Additionally, PBS is required if any restricted practices are being implemented. This is to protect and monitor these processes and ensure they are being used as a last resort and as the least restrictive option.

What are restrictive practices?

Restrictive practices are any practices that infringe on the human rights of an individual. In other words, any practice that a 'typical' person could engage in, in their daily lives. There are five categories of restrictive practice:

1. **Chemical restraint** – when a person is given medication that has the primary purpose of altering or managing behaviour
2. **Environmental restraint** – when a person is stopped from having or doing certain things, or from accessing certain places in their home or community
3. **Mechanical restraint** – when a device or equipment is used to stop or reduce a person's behaviour, making it difficult for them to move or access part of their body
4. **Physical restraint** – when someone holds the person or a part of their body so they cannot move freely, to stop or reduce their behaviour
5. **Seclusion** – when a person is placed in a room or space alone and is not allowed to leave, or when they believe they cannot leave

What is a Behaviour Support Plan?

A Behaviour Support Plan (BSP) is a structured, individualised document designed to address behaviours of concern by identifying their underlying causes and teaching positive replacement behaviours. It includes strategies to prevent and respond to certain behaviours, ensuring a supportive environment that promotes quality of life.

More information



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