

Easy to read

March 2024



Gogledd Cymru **Gyda'n Gilydd**  
North Wales **Together**

Gwasanaethau ddi-dor i bobl ag Anableddau Dysgu  
Seamless services for people with Learning Disabilities

# North Wales Positive Behavioural Support

## Planning together to make things better

Developed by North Wales Together



# We are North Wales Together



North Wales **Together**  
Gogledd Cymru **Gyda'n Gilydd**

*Seamless services for people with Learning Disabilities  
Gwasanaethau ddi-dor i bobl ag Anableddau Dysgu*

**We work** on behalf of the Local Authorities and the Health Board to make things better for people with learning disabilities across North Wales.



## What are we trying to do?

We want to support people and organisations to make sure that people with learning disabilities are able to live a great life.

One way we want to do this is to get more good Positive Behavioural Support in North Wales.

We will call it PBS from now on.



We are trying to do this by:

Telling lots of people about PBS, and why it is good for people and services.



Helping staff to get PBS training and giving organisations some money to pay for this.



Helping people to work together to get good PBS in their company.



Setting up groups online in places like Facebook to let people interested in PBS talk and help each other.



Setting up a yearly PBS conference for staff and service users.



## What is PBS?

Positive Behaviour Support (or PBS for short) is a kind way of providing support to people.

It helps people with Learning Disabilities who also have behaviours of concern.



## What are behaviours of concern?

They are behaviours that make it harder for a person or the people around them to have a good life.



These could include:

Frightening other people



Hurting other people



Hurting yourself



Running away



Breaking things



Doing dangerous things



When these things happen, they can stop you from getting what you need or from doing things that you want to do.

Good PBS can help.



### How does PBS work?

Everybody works together to understand why the behaviours of concern are happening.

They work together to see how they can help.



This is written down in a PBS plan.



The PBS plan is made with you.



The plan says how staff can help you to have a good life.



Your PBS plan has targets like

- learning a new skill
- helping you do more of your favourite activities.



Sometimes things can still go wrong.

The plan says what happens to you when you start feeling upset or unhappy.

The plan tells staff what to do to help you feel calm again.



The plan tells staff how to help you feel better afterwards.

Staff know that being kind is important



Staff know not to

- shout at you
- or
- punish you



A good PBS plan means everyone knows:





- what makes you feel happy
- the things you want to do



- what you need
- ways to get you what you need



### Learn

- new things to learn



- what upsets you



- things that make you feel better



- how to keep everyone safe



Good PBS means:

- finding out what you need



- trying to help by working together



- things will get better, and
- you will have a better life.



- the people who support you like your family or the staff, will have a better life too



If you would like to help us to get more good PBS in North Wales or would like more information.

Please contact

[ldtransformation@flintshire.gov.uk](mailto:ldtransformation@flintshire.gov.uk)



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# bild

We would like to thank BILD for allowing us to use their information and graphics in this leaflet.



Cymraeg

Mae'r ddogfen hon hefyd ar gael yn Gymraeg - gweler y dudalen Gymraeg ar ein gwefan.  
This document is also available in Welsh - see Welsh page on our website.