

Supported Person: _____

Audited by: _____

Date: _____

Overview

Anyone who displays patterns of behaviour which are concerning and result in the use of restrictive practice (including seclusion and restraint) must have a *Positive Behaviour Support Plan*. A PBS Plan has various roles – firstly, it should improve the person’s *quality of life* and make *behaviours of concern* less likely to need to happen. The plan should also ensure everyone’s safety should *behaviours of concern* occur. A PBS Plan should detail why the person is behaving in that way and identify ways to increase their skills or develop other patterns of behaviour.

ProACT PBS Plan Audit Tool

Read through the PBS Plan and circle ‘Yes’, ‘No’ or ‘Not Sure’ where appropriate.

Is the Plan Individual and Person-centred?			
A written Positive Behaviour Support Plan can be provided. This plan is personal to the individual (it includes the person’s name and date of birth, for example).	Yes	No	Not Sure
The PBS Plan is different to other written plans for other individuals – For example, it should have specific information about their patterns of behaviour and how to support them, as opposed to general information about how to keep people calm	Yes	No	Not Sure
The PBS Plan is part of a wider person-centred approach for the individual – such as, it works alongside their Care or Support Plan or their Health Action Plan	Yes	No	Not Sure
The person has had some input into the PBS Plan – such as what helps keep them happy, how they stop becoming anxious or upset or how it is best to help them calm down if they do.	Yes	No	Not Sure

Definition of Behaviours of Concern?			
There is a description of the behaviours of concern displayed by this person? The behaviours are clearly described so you can understand what they look like, so you would be able to see and count how often they happen?	Yes	No	Not Sure
There is a description of the most likely reasons why the person is displaying behaviours of concern. They should be written in language that you can understand and it should be supported by a formal assessment of the persons behaviour	Yes	No	Not Sure
The PBS Plan should clearly state what the persons behaviour is likely to get them (i.e. <i>interaction or attention from others, a pleasurable sensory experience, or something tangible – such as a drink, snack or activity</i>) or what it gets them out of (i.e. <i>it helps reduce their pain or gets levels of demand lowered</i>)	Yes	No	Not Sure

Minimising the likelihood that Behaviours of Concern will Occur			
The plan should clearly state how to avoid or prevent all the person's behaviours of concern	Yes	No	Not Sure
The plan includes at least one clear approach for helping the person to communicate or change what is happening to them without needing to display concerning behaviour	Yes	No	Not Sure
The strategies in the plan should be linked to the reasons the person is behaving in the way they do (i.e. <i>pain reduction, interaction seeking, sensory need, gain an item or have demand lowered</i>)	Yes	No	Not Sure

Is the Plan Individual and Person-centred?			
The PBS Plan should describe clearly what carers should do if the person starts to display behaviours of concern	Yes	No	Not Sure
The plan should include at least one strategy to be used when the person displays behaviours of concern which does not use any level of restriction or restraint	Yes	No	Not Sure
If the plan includes the use of approaches which are restrictive (such as <i>restraint, seclusion or medication</i>), then these should not be used before non-restrictive approaches, without a clear explanation in the plan as to why	Yes	No	Not Sure
If the PBS Plan recommends the use of restrictive approaches, it should clearly state the specific circumstances when they should be used.	Yes	No	Not Sure

How the PBS Plan will be Updated and kept Current			
There should be a person named in the PBS Plan who is responsible for ensuring that everyone follows it and that it is regularly reviewed and changed if needed	Yes	No	Not Sure
The plan contains clear goals as to how the behaviours of concern are expected to reduce and how the person's quality of life will go up. It should also describe how this will be measured	Yes	No	Not Sure
If the plan includes the use of approaches which are restrictive, then these approaches should be clearly written and explained in the plan, alongside a strategy for how these will be reduced over time	Yes	No	Not Sure
The plan should include a schedule or dates when it will be reviewed and how this will be done (for example, every six weeks at a PBS planning meeting)	Yes	No	Not Sure

How the PBS Plan will be Updated and kept Current			
The PBS Plan indicates what skills people need to have so that they can do what is in the plan – This may include highlighting additional training or support needs for them	Yes	No	Not Sure
The plan should also contain any additional resources which may be needed to do what is in the plan - such as, an extra person or a specific app on an iPad	Yes	No	Not Sure
There should be information that the plan is being correctly followed and implemented by approx. 4 out of 5 of the person's carers (80%)	Yes	No	Not Sure
There should be information about whether the goals about reductions in behaviours of concern, restriction and the improvement of quality of life are being met – If they are then the plan should be reviewed and continued	Yes	No	Not Sure
If the information about whether the goals about reductions in behaviours of concern and restriction and the improvement of quality of life are not being met, then the plan should be reassessed and changed	Yes	No	Not Sure