

4 Qualities of Positive Behavior Support

Positive behavior support (PBS) helps individuals with intellectual and development disabilities (IDD) achieve the highest quality of life possible. PBS has four key qualities that all professionals engaged in providing these supports should follow: inclusion, choice, participation, and quality of opportunity.

By working to provide your clients with these values, you can help them gain a greater quality and enjoyment of life.

INCLUSION

The goal of inclusion is to ensure that individuals with IDD can work, live, play, and contribute to society in the same way as others.

Inclusion helps individuals with IDD be seen as valuable members of society.

CHOICE

Too often, those with IDD are told what to do and when to do it. Though this is done with good intentions, it can hurt self-esteem, autonomy, and more.

Empower those you work with to make choices and decisions for themselves.

PARTICIPATION

Participation in valued activities is a key marker of quality of life and is a critical component of PBS.

Find opportunities for those you support to participate in community life. This includes employment, volunteering, hobbies, special interest groups, etc.

EQUALITY OF OPPORTUNITY

Often, when those with IDD are given the ability to participate in group activities, these activities only allow them to interact with other people with IDD. Sometimes this can be helpful, but over time it results in segregation from the rest of the community.

Whether it relates to school, employment, or other community functions, advocate for those you serve to be included with other, diverse groups of people.

Learn more about Positive Behavior Support with Relias

LEARN MORE

¹ <https://www.combined.nhs.uk/person-centredness-framework/positive-behavioural-support-pbs/>