

# POSITIVE BEHAVIOUR SUPPORT WORKSHOPS FOR FAMILY CARERS

by Skills for People

## WHO ARE THE WORKSHOPS FOR?

- **Family carers** with a child under 18 who is **autistic**, and/or has a **learning disability**, or who is on **the waiting list for an assessment** for autism and/or a learning disability.
- For families to get the most benefit from the sessions, they'll need to be **open** to making some changes in how they support their child. When families are in crisis, have lots going on or are feeling under pressure, this can be **very difficult** to do. We don't want the workshops to put additional demands on families who are already feeling over-stretched. The workshops are most successful when families feel they have the time and energy to make some changes.

## WHAT ARE THE WORKSHOPS ABOUT?

- In the workshops, we talk about what **behaviours of concern** are, and that every behaviour happens **for a reason**. We support the family carers to look at their child's behaviour in a different way to help them identify that reason.
- Once we know the reason behind a behaviour, we encourage the family carer to think about **strategies** they could use to support their child and potentially reduce the likelihood that their child will use behaviours of concern.
- We also help families to begin to draw up a **PBS plan** for their child which they can share with other family members, school etc to make it easier for everyone to support their child.

- Family carers can listen to and **share experiences** with other parents who are in a similar position, to realise they are not alone and support each other. They have the opportunity to listen to **real-life examples** of how using PBS has worked well for families.
- As all young people and families are different, we do not provide families with a list of strategies to use. Rather we **support families** to develop their skills in identifying what strategies will best meet the needs of their child.
- It's important to recognise the **expert knowledge** that family carers have about their child. We want to build parents' **confidence** in understanding their child's behaviour and coming up with strategies to support them.

## HOW CAN PEOPLE BOOK A PLACE?

- Places are booked through **Skills for People**. Family carers can contact us directly, or we are happy to take bookings from professionals.
- We need some basic information about the family carer and their child including contact details. It's also important for us to know about **any additional support** the family carer may need for the workshops.
- All families will be contacted before the sessions begin to complete a short questionnaire as part of our evaluation process.

Scan the QR code for upcoming workshops and more information about PBS and Skills for People.



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