



Positive Behaviour Support

Supporting high and complex needs with positive and proactive engagement

Yooralla specialises in providing support to children and adults with disability who present with behaviour of concern.

By taking a human rights focus and building on an evidence-based approach, Positive Behaviour Support (PBS) focuses on increasing a person's quality of life and decreasing the frequency and severity of their behaviour of concern.

Improved relationships through positive behaviour support

Our specialist team of qualified and experienced practitioners takes a positive and proactive approach:

- "Positive" – increasing and strengthening helpful behaviour through learning and reinforcement, rather than using punishment or negative consequences to respond to someone.
- "Proactive" – anticipating where things may go wrong and preventing those things from happening, rather than just reacting when things go wrong.

As a consequence we see an improvement in relationships with family and friends.

How we can help

Yooralla can work with the person presenting with behaviour of concern and their support network to:

- develop strategies that build on the person's strengths and are based on developing positive relationships, communication and coping skills, and on addressing health, environmental and other impacting factors, and
- determine the reasons for a behaviour of concern and provide targeted strategies on how to support the person to decrease their reliance on that behaviour to have their needs met.

Why choose Yooralla?

- Yooralla is a disability specialist. We provide high quality, evidence based supports for people with high and complex needs.
- We are a not-for-profit organisation that has been supporting people with disability since 1918.
- Our qualified team provides holistic supports and training to people with disability and their support networks.
- We have specialty skills in Autism Spectrum Disorder, dual diagnosis, functional communication, sensory processing and acquired brain injury.



- We have a demonstrated record in the reduction of restrictive interventions at both an individual and organisational level, with behaviour support plans evaluated as being high in quality by the Behaviour Support Plan Quality Evaluation tool (BSP_QEII).
- We provide services across all ages, stages and needs, to ensure the person with disability receives the services they need at the time and place they need them.

Contact us

For further information about Positive Behaviour Support and how Yooralla can support you, please contact us:

Phone: 03 9666 4500

Email: yooralla@yooralla.com.au

www.yooralla.com.au

Yooralla is a registered NDIS provider.

Tom's story

Tom is a sociable, caring and kind man in his 30s who uses a combination of vocalisations, gestures and Key Word Signs to communicate with support staff and those around him. At times Tom would become frustrated when communicating and would hurt himself and others in his life. Over time, it became evident that having his life the way he likes it, and having control and structure, were important to Tom.

Therapists worked with Tom and the important people in his life to put some proactive strategies in place around communication, making decisions and reducing anxiety and stress.

Now Tom seems to enjoy life a lot more – he is able to make more choices, communicate well with support staff and build relationships and a sense of comfort in his home and the community.



Need language help?

Contact the Translating and Interpreting Service (TIS) on 13 14 50

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