



## PBS Equipped FAQs

*This is a practice based course with several key components. In each session participants are supported to design a plan (and associated recording tools) for a focus person in that they work with / support. These plans will be reviewed by your trainer and detailed feedback will be given to guide your practice going forward.*

### **Q: Who is this course best suited for?**

This course is best suited for individuals with at least some practice-based responsibilities or oversight in relation to support planning. You must be able to work either with the person, or to supervise work completed by others with them. You don't have to work with the focus person full-time, but you do need to have influence within the service and sufficient time to complete work.

### **Q: How many hours will the course-work take?**

Lots of the written work should be completed during the training sessions themselves, (for example the teaching for the skills development session ends at lunchtime, leaving a whole afternoon for plan development), however you will need to finalise and actually 'implement' your plans. The amount of time taken will depend on whether you implement plans yourself, or have other people who can support you. Because you are writing the plans, you can make sure this is accounted for, however PBS does require a time commitment. We recommend allowing yourself 2-4 hours per week throughout the course.

### **Q: What sort of focus person should I choose?**

PBS is best known for its application within autism and learning disability settings but it absolutely does not need to be someone with that diagnosis. PBS is really applicable to anyone who has complex needs and / or behaviour that might be described as challenging. We recommend you don't pick the most challenging person you work with if this is your first time working through a PBS process.

### **Q: Do I need to have PBS training already?**

You need to have a basic understanding of Positive Behaviour Support prior to coming on this course. This would typically be our PBS Informed Session (available to book also) but if you have done an alternative we would be happy to consider this.