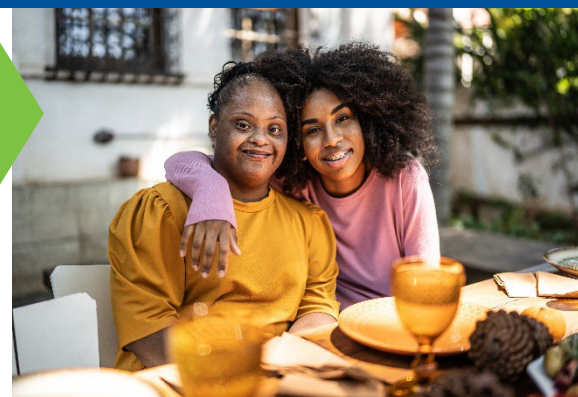




Information Sheet

Behaviour Support



Community Living British Columbia (CLBC) provides supports and services to eligible adults. This information sheet will help you learn about Behaviour Support.

What is Behaviour Support?

Behaviour Support is an approach focused on understanding the different ways an individual might communicate, including when communication occurs through actions or behaviours.

When a behaviour is not well understood, it can be perceived as 'difficult,' 'challenging,' or 'concerning', and in some cases will present a safety risk to the individual, or to others. When this occurs, a *Behaviour Support Plan*, and sometimes a *Safety Plan* is needed.

Who provides Behaviour Supports?

Behaviour Support is something that all Service Providers do, and they are guided by the Behaviour Support and Safety Planning Policy which can be found by clicking [here](#). When additional help is needed, a Behavioural Consultant may become involved. A Behavioural Consultant is a qualified professional who works with the individual, their involved support network, the Service Provider, and others to understand what is occurring, and to develop plans.

What is a Behaviour Support Plan?

A *Behaviour Support Plan* focuses on positive approaches to understand the individual and reasons for challenging behaviours. These plans help an individual to learn and practice new skills, such as communication and coping strategies, ways to change to the environment to meet sensory needs and provide step by step guidance for Service Providers to follow.

Most of an individual's Behaviour Support will be provided within the scope of this plan. *Behaviour Support Plans* are reviewed yearly to determine if the approaches are working and to make changes when needed.

What is a Safety Plan?

A *Safety Plan* is needed when extra steps must be taken to ensure safety, such as when an individual's behaviour places themselves, or others at serious risk. *Safety Plans* include practices that Service Providers may use to restrict an individual's rights, freedoms, or movement, and are only used as a last resort.

Safety Plans are reviewed every 6 months to check on progress, and to make changes when needed. *Safety Plans* are not intended to be in place forever, rather, over time and with practice, the *Behaviour Support Plan* approaches should replace any need to use a *Safety Plan*.

How can I be involved?

Behaviour Support is most effective when individuals, their involved family and/or support networks participate in planning and review processes. Reach out to your Facilitator to let them know how you would like to be involved.

How do I find out more about Behaviour Support?

Find more information about Behaviour Support on our website by clicking [here](#).

If you would like to speak to a CLBC facilitator at your local office, visit www.communitylivingbc.ca and go to:

Contact
> Find Your Local CLBC Office.