Positive behaviour support jargon-buster

Jargon	Definition
Antecedents	Something that occurs immediately before a behaviour, for example it may be a change in the environment or something done or said by a person.
Applied Behaviour Analysis (ABA)	A systematic scientific approach to understanding behaviour, and identifying ways of effecting change in that behaviour
Behaviour support plan	An individualised plan which helps carers to be consistent in promoting positive behaviour. The plan will be proactive and promote alternatives to any risky behaviour.
Challenging behaviour	Behaviour which puts the safety of the person or other at risk, or which has a significant impact on the quality of life of the person or other people.
Consequences	The immediate outcomes of a behaviour. It is what happened immediately after the 'target behaviour' has taken place.
Debriefing	A supportive process enabling an individual or team to reflect on a particular situation or incident. Debriefing can help people understand the possible factors that influenced an incident and help them to plan effectively for the future and any reoccurrence.

De-escalate	A strategy used to reduce anxiety expressed by a person and prevent them exhibiting a more risky behaviour.
Defusing	A strategy used during an incident to calm the person and perhaps offer them an alternative to behaving in a risky way
Environmental factors	Things which are present around the person that may contribute to their behaviour or conversely be calming to them. An example of a calming environmental factor might be a fish tank or a pet.
Functions of behaviour	The reasons or the purpose of a behaviour. For example, a behaviour might increase access to attention or preferred items, reduced demands or otherwise contribute to avoiding less desired situations, they can provide stimulation, and they can help to reduce the experience of pain.
Functional assessment	An assessment that enables an understanding of why an individual exhibits specific behaviours
Intervention model / intervention approach	A plan of action designed to modify an individual's physical and social environment to reduce antecedents associated with challenging behaviour, and to increase opportunities to develop positive behaviours.
Functional assessment/analysis	An assessment of when, where and how an individual displays challenging behaviour. The assessment enables an understanding of why an individual exhibits specific behaviours.
Mental capacity	A person's ability to make their own decisions and to understand the consequences of those decisions.
Non statutory guidance	Guidance that is issued by government departments which should be followed, but is not legally binding

Person centred approach	A way of working every day with people with learning disabilities that puts the person and their preferences at the centre of everything you do.
Person centred planning	A structured approach to make sure that people with learning disabilities and people with autism are at the centre of all planning, choices and discussions about their life. Person centred planning helps them to live their lives in their own way and to meet their wishes and desires.
Physical interventions or physical restraint	Any method of responding to challenging behaviour which involves some degree of direct physical force to limit or restrict any person's movement or mobility.
Positive behaviour support	A framework for developing an understanding of the behaviour of an individual. It is based on an assessment of the social and physical environment in which the behaviour happens, includes the views of the individual and everyone involved, and uses this understanding to develop support that improves the quality of live for the person and others who are involved with them.
Primary prevention strategies	Strategies which can be implemented to prevent a specific behaviour.
Proactive strategies	Approaches that support a person in positive ways, seeking to address a person's needs before they need to communicate through risky behaviours.
Reactive strategies	Behaviour management strategies used when a situation presents significant risk and there are no alternatives.
Restraint reduction	Approaches aimed at reducing the use of a range of restrictive practices or physical interventions.

Restrictive practices	Practices that restrict an individual's movement, liberty and/or freedom to act independently without coercion or consequence. Restrictive practices can take a number of forms.
Restrictive strategies	Approaches implemented to reduce any given risk when there is no reasonable alternative. This may include the use of a physical intervention.
Risk assessment	A careful examination of what could cause harm to people, so that you can weigh up whether you have taken enough precautions or should do more to prevent the possibility of harm.
Safeguarding	Helping to protect vulnerable people from abuse by others
Secondary strategies	Planned approaches for reducing any crisis and preventing an escalation in behaviour.
Support plan	A detailed plan of a person's needs that workers should use to inform their day-to-day support for that individual.
Trigger	Something which will cause a sequence of events. Often the trigger is the reason why a person then exhibits a risky behaviour.

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