



Positive Behaviour Approach

Understanding Behaviour

- The positive behaviour approach is part of Applied Behaviour Analysis (ABA) that ensures these principles are incorporated into practice
- It focuses on changing the conditions so the behaviour of concern is less likely to occur
- There is less focus on reactive strategies to change behaviour and more focus on what can be done before the behaviour occurs to reduce its necessity
- The individual is at the centre of all interventions
- Nothing is done without the individual's consent (to the best of their ability)
- The approach respects their rights for choice and risk as well as enhancing what the person can naturally do well or is interested in
- A behaviour persists because it meets a need
- A behaviour is an attempt to communicate something
- Possible functions of a behavior include:
 - Tangible: "Give me"
 - Escape: "Run Away"
 - Attention: "Look at me"
 - Sensory: "It feels good"
 - Biological / Medical: "It hurts"

Is one of these functions happening before or after a behaviour?

- Behaviour overshadowing is the tendency to point to an environmental cause of a behaviour rather than something that is actually causing the behaviour to occur. For example, crying is seen as an attempt to get your attention instead of a response to an ear infection.



Haldimand & Norfolk Seniors Partnership

Information Sheet

No. 23

Challenge questions
are on sheet No. C23

[Information Sheet No. 23 has a corresponding Challenge Sheet No. C23]