



Behaviour – General Considerations

The Importance of Understanding Behaviour

- All behaviour has *m* _____
- The person has a *r* _____ for doing what they are doing
- The person is not *i* _____ trying to be difficult

The Positive Behaviour Approach: A Brief Introduction

Behaviour is:

1. A response to an *a* _____, *s* _____, or *p* _____ that comes before or after the behaviour (may be a response to an unmet need)
2. Is *o* _____
3. A form of *c* _____

The Positive Behaviour Approach values:

1. The Individual (Dignity and respect; reduced reliance on power/control; opportunities for success and to build on strengths)
2. Antecedent Management (Changing what happens before the behaviour instead of responding to it)
3. Enhancing Quality of Life (When people feel valued and respected, they are motivated to make good choices.)

The Biopsychosocial Model

1. Recognizes there are many *i* _____ on behaviour
2. Focuses on the *e* _____ individual, not just the behaviour
 - Bio (What is *p* _____ happening to the person?)
 - Psycho (What are the *c* _____ and *e* _____ factors influencing well-being/behaviour?)
 - Social (Are the person's *n* _____ being met to promote health?)