



Behaviour – General Considerations

The Importance of Understanding Behaviour

- All behaviour has meaning
- The person has a reason for doing what they are doing
- The person is not intentionally trying to be difficult

The Positive Behaviour Approach: A Brief Introduction

Behaviour is:

1. A response to an action, situation, or person that comes before or after the behaviour (may be a response to an unmet need)
2. Is observable
3. A form of communication

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 influences on behaviour
2. Focuses on the entire individual, not just the behaviour
 - Bio (What is physically happening to the person?)
 - Psycho (What are the cognitive and emotional factors influencing well-being/behaviour?)
 - Social (Are the person's needs being met to promote health?)

[Information Sheet No. 21 has a corresponding Challenge Sheet No. C21]



Haldimand & Norfolk Seniors Partnership

Information Sheet

No. 22

Challenge questions
are on sheet No. C22