

# Back on Track

## A program to help your child's behaviour through a Positive Behaviour Support (PBS) approach.

You will move through the following steps when you work with us in our PBS program, Back on Track. Time spent on each step can vary, so please use this as a general guide.

### Your first meeting about Positive Behaviour Support (PBS)

Once we receive your enquiry or referral, we will meet with you to talk about your needs and determine the next steps. You will either be offered an immediate start, or wait listed for the first available Behaviour Consultant.

### Assessment


With your help we will undertake a detailed assessment, giving us rich information your child, why the behaviour occurs and what strategies will be most helpful. Steps include:

- A **Personal Profile**, which you can complete yourself or with support from a team member.
- A **Functional Assessment interview** - detailed information about the behaviour is documented. **Observations** and **data collection**, possibly in different routines and/or settings. We will ask you to contribute to this by recording data on a form and possibly by making video recordings.
- Further **interviews** – for example, we may need to talk to your child's teacher or carer. Further interviews – for example, we may need to talk to your child's teacher or carer.

5 hours 

### Data Analysis and PBS Plan Development


This work is done by the Behaviour Consultant back at the office. She will complete a detailed Functional Behaviour Assessment report and Behaviour Support Plan. She will have opportunities to consult with the Senior Behaviour Analyst as needed.

up to 5 hours 



### Sharing the Strategies

The Behaviour Consultant will then write up a detailed account of how to use the strategies, and may also prepare video training resources. She will set up a PBS folder to be used at home and/or in other environments. This stage includes face to face training with you, and if needed, your child's teachers or carers.

up to 7 hours 

### Resourcing the plan

You may need resources such as visual schedules and social stories to help guide your child's behaviour. To reduce costs, resources are often made by a Therapy Assistant once they have been designed by the Behaviour Consultant.

4-6 hours  
on average 

### Monitoring the effectiveness of strategies

Together with the Consultant, you will make sure that the strategies are working. Data that you collect at this stage will show whether you have reached your goal, or if changes are needed. If the behaviour has reduced so that it is no longer a challenge for you, then it is time for your 'Back on Track' program to close. Usually, this whole process takes about three months to five months.

2-3 hours 

### Report writing

This is a requirement of the NDIA and is prepared before your NDIS Plan Review meeting.

### Other activities

You can choose to add to your program in various ways – for example, extra meetings, reports or visits. Please discuss your needs with your Behaviour Consultant.

### If your situation changes

Some families do experience times of crisis resulting from their child's challenging behaviour. If this happens to you, we will talk with you about how we could adapt your PBS program.

2 hours 



### You make the difference

Positive Behaviour Support is a short term program which empowers families to understand and respond to behaviours of concern. Your active involvement throughout the process is crucial, to make sure that everyone is working together ... to help you get your child's behaviour 'back on track'.