

# PBS in the Family Home

How to do things differently



**Adele Grandon & Tia Martin**

# PBS in the Family Home

- ▶ Introductions
- ▶ Top Five Tips
- ▶ Case Studies
- ▶ Any Questions



# Adele Grandon

- Parent of 25 year old with autism, severe learning disability & epilepsy
- Home based intensive ABA programme for four years
- Training in UCLA Model of ABA
- BSc (Hons) Health & Social Care
- PROACT-SCIPr-UK Instructor
- Manager of an independent specialist college for audits with autism
- Developed and managed an ABA based Centre for Lifelong Learning
- Registered Manager of supported living services
- Quality & Compliance Officer



# Countdown of TOP FIVE TIPS.....



# Top Five Tips

## No.5 – Communicate plainly

- Avoid jargon
- Limit the paperwork/data collection
- Keep it simple
- Don't assume level of education or understanding
- Be realistic about what parents want and need to know



# Case Studies

- ▶ Young girl – 4 ½ at age of referral.
- ▶ Referred for:
  - Inability to transition (getting ‘stuck’)
  - Food refusal – extremely restricted eating
  - Physical Aggression Towards Others
- ▶ Young lady – 33 at age of referral.
- ▶ Referred for:
  - Restricted fluids
  - Inability to use public bathrooms
  - Refusal to sleep in own bed



# Top Five Tips

## No. 4 – Use available resources & environment

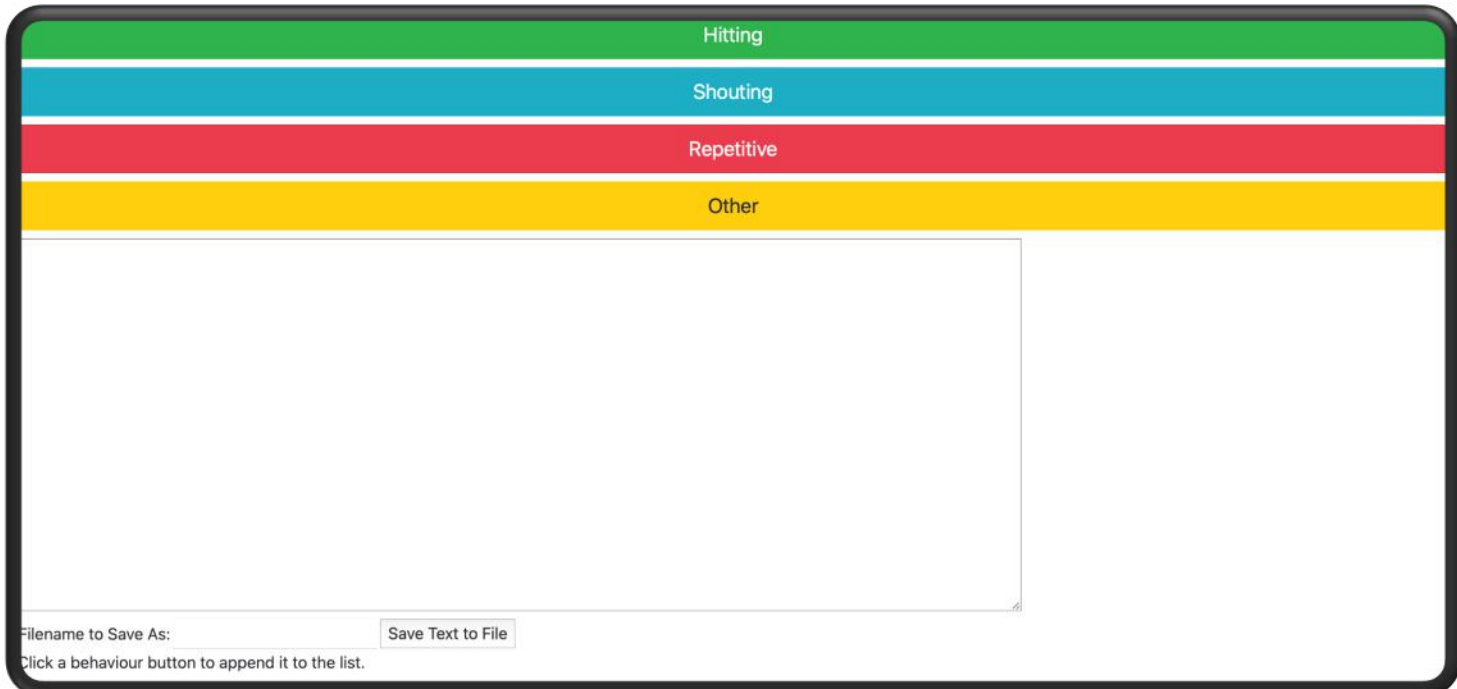
- Involve the family – seek buy in from everyone
- Identify family strengths and weaknesses and adapt to the family and setting – get creative
- Try and leave one space that is “PBS-free”
- Do not encourage spending unless absolutely necessary
- Encourage networking for support





# In Practice

- ▶ Involve the family (when it's fair to do so!)
- ▶ Get creative (especially with recording)
  - [www.pbsuk.org/list2](http://www.pbsuk.org/list2)



The screenshot shows a web application interface with a dark border. At the top, there are four horizontal bars of different colors, each with a label: a green bar labeled "Hitting", a blue bar labeled "Shouting", a red bar labeled "Repetitive", and a yellow bar labeled "Other". Below these bars is a large, empty white rectangular area, likely a text input field for recording details. At the bottom of the interface, there is a "Filename to Save As:" label, a "Save Text to File" button, and a small instruction: "Click a behaviour button to append it to the list."

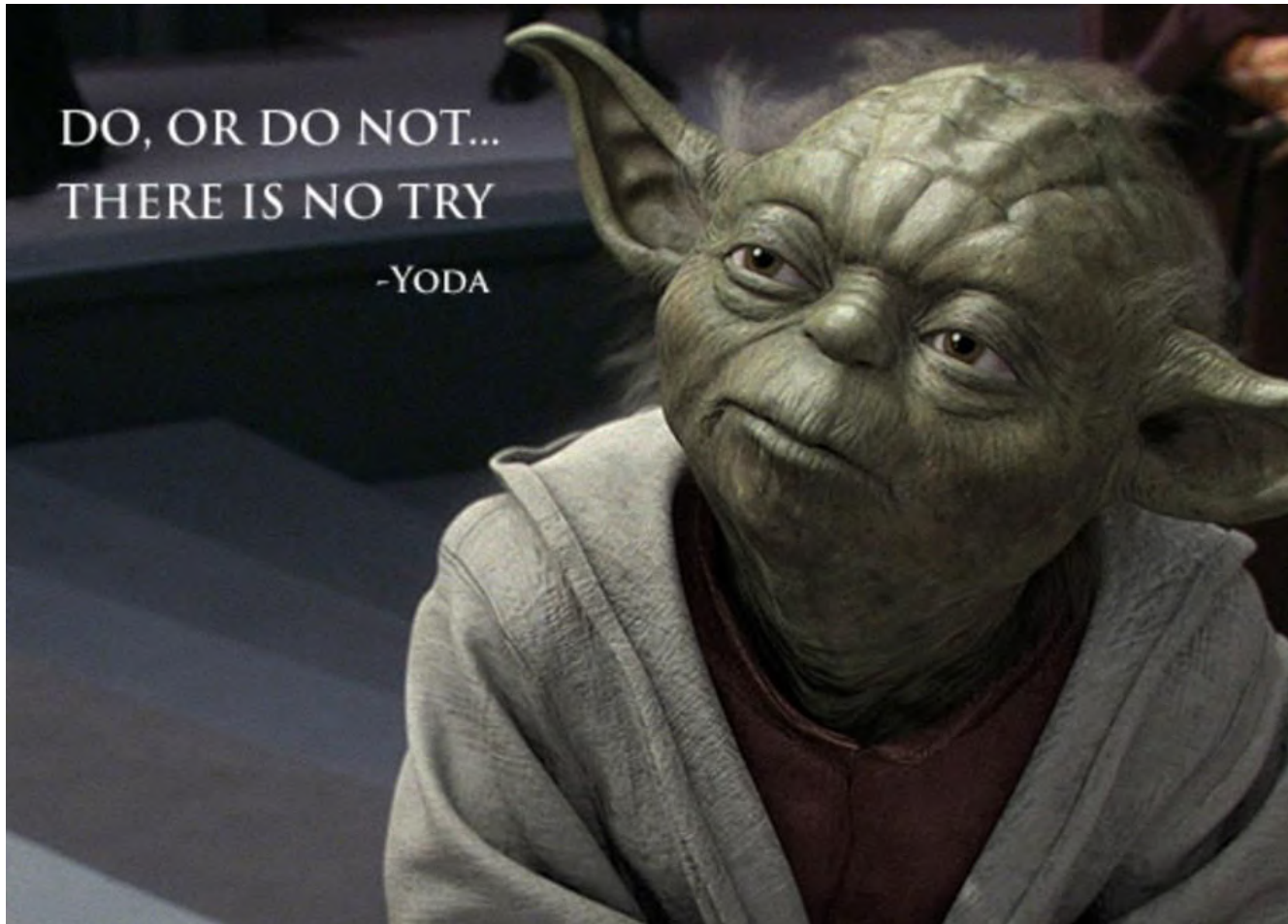
# Top Five Tips

## No. 3 – Don't let people down

- If you say you are going to do something – do it
- If you say you are going to be there – be there



# In Practice



# Top Five Tips

## No. 2 – Maintain appropriate boundaries

- Boundaries can be flexible
- Agree boundaries at the start – and review if necessary
- Be familiar with, and respect, religious/cultural practices
- Don't abuse gratitude
- Don't get roped into doing things outside your area of responsibility or become involved in family matters
- Be prepared to signpost to other sources of support



# In Practice

- ▶ Have the boring/tricky conversations up front
- ▶ Communicate flexibly
- ▶ Recognise bad habits!



# Top Five Tips

## No. 1 – Remember, it's their HOME!

- Don't treat it like your workspace
- Respect privacy
- Don't disturb home workers unless absolutely necessary
- Work to a schedule so that families can plan around it
- Tidy up after yourself
- Start and finish on time
- Don't outstay your welcome





# In Practice

- ▶ Make it meaningful
- ▶ Make it simple
- ▶ Make it fun!



# Top Tips – Summary

1. Remember – it's their HOME
2. Maintain appropriate boundaries
3. Don't let people down
4. Use the environment and resources around you
5. Communicate plainly





# Any Questions?



**For further information:**

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# Thank you for joining us!

