

Version 6 (29/07/13)

PBS summary

Positive Behaviour Support (**PBS**) is training that teaches staff how to work with people with complex behaviour. We also call this challenging behaviour



Our research will look at

- How well **PBS** works for people with learning disabilities and complex behaviour



We will invite

- 260 people with mild to severe learning disability and complex behaviour from 20 services



You will either be in a group with usual care



Or you will be in a group with PBS and usual care

You will not choose which group you will be in. That will be decided by chance, like tossing a coin.



We want to find out whether or not PBS can help people who have complex behaviour



You will be in the trial for **12 months**



Research

Positive Behaviour Support (PBS)



Many people with learning disabilities have complex behaviour

This can have a serious effect on people's lives, for example



- having to take long-term medication



- having to go into hospital



- upsetting normal daily activities

What is PBS?



Community learning disability services may find it hard to give the right help to people with complex behaviour



Some research suggests that Positive Behaviour Support (**PBS**) can help people who have complex behaviour



Complex behaviour can improve, and this could make your day-to-day life better



Positive Behaviour Support (**PBS**) is training that teaches staff how to work with people with complex behaviour



What does our research look at?

Our research will look at



- how well **PBS** works for the person with a learning disability



- if using **PBS** can save services money whilst improving care



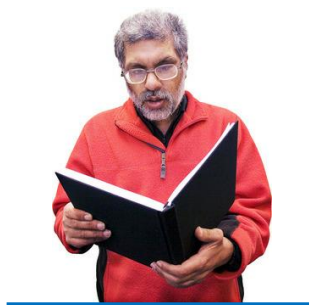
If we can show that using **PBS** is better than **what we were doing before**, this can affect the way we work with this vulnerable group of people

Training

In this **trial**, health staff will have agreed **training** in **PBS**



PBS experts will have a handbook for this training.



The handbook will give details of how to

- understand complex behaviour
- find new ways of working with people





- use these new ways of working with people when supporting them



- keep records about if these new ways are making a difference

People in our research



We will invite people to take part in our research.

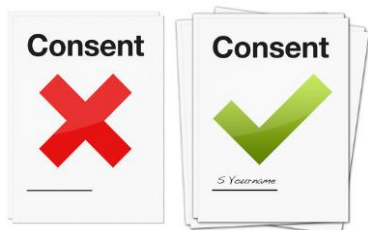
We will invite



- 20 community learning disability services



- 260 people with mild to severe learning disabilities and complex behaviour



We will make sure that people understand they do not have to take part



We will put people into one of two groups

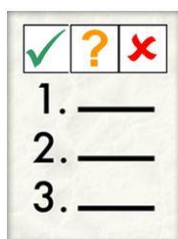
(we will **pull names out of a hat**)



- half will be in the **PBS** group (and will also have usual care)



- half will be in the usual care group

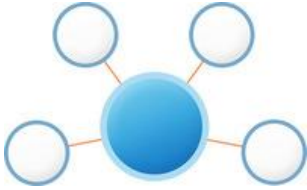


Questionnaires

We will carry out assessments of



- complex behaviour



- using services



- day-to-day life



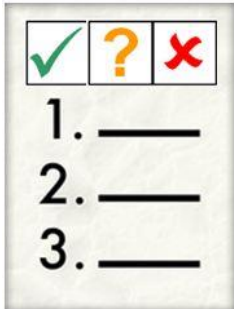
- mental health



- anger



- stress on family and paid carers



We will go back with questionnaires after



- 6 months, and



- 12 months



We will check that what we find out is correct

Who will we talk to?



We will talk to some people with learning disabilities who have had PBS and their



- family carers and paid carers



- staff and managers

We will ask them about



- what they think of **PBS**



- the best way of using **PBS** when we support people



- We will tell your doctor that you are taking part in the study

Results



The main result we hope for is that people show less angry behaviour one year after the trial



We will look at the costs and effects of staff training in PBS – this is called a **health economic evaluation**



The research will last for **4 years**, and we will run it in community learning disability services in England



You will be involved in the study for **12 months**.



We will follow rules when we do research – these are called research and clinical governance guidance