

Positive Behavior Support **Glossary of Terms**

Antecedent- Occurs before a problematic behavior and serves to set it off

Balance- What is important to and what is important for the person in daily activities and schedule to provide balanced care, i.e. what the person finds important and what the care providers find important to maintain quality of life, health, and safety.

- Important to the person- personal preferences, routines, rituals, likes, and dislikes
- Important for the person- medical needs, other health, security, or safety

Behavior- any action performed by a person as an effort to meet needs in a particular circumstance. Behavior may be positive, i.e. functional, useful, etc., or negative, i.e. problematic, disruptive, etc., as it describes all actions of a person.

Behavior Assessment –process to identify events that reliably predict and maintain a problematic behavior

Behavior Plan- a document created to provide staff, caregivers, families, and other support persons with information and strategies to guide positive support of a person in care:

- Defines difficult or problematic behavior
- Uses multiple positive behavior support strategies
- Determines the relationship between environment and behavior
- The Behavior Plan is the roadmap of how support will change behavior of caregivers, adjust the environment, and/or provide changes in daily activity routines or schedule.

Communication and language skills- Abilities to send and receive information with another person.

- Language is made up of socially shared rules that include what words mean, how to put words together, and what word combinations are best in what situations.
- Expressive skills- Ability and modes of sharing thoughts, ideas, and feelings
- Receptive skills- What information and modes of communication a person understands from others
- Nonverbal language- Posture, placement of arms, hands, etc., physical contact, facial expressions in the context of interpersonal communication, or as a form of communication

Person Centered Planning (PCP)- A process that incorporates a person's gifts, capacities, personality, values, dreams, likes, and dislikes to create a plan that supports an active, positive, and constructive life. PCP provides a picture of the life of the person that strengthens their voice and those who know them best. PCP results in telling their story, accounts for their history, evaluates the present in terms of what they value, and includes their dreams and goals.



Positive Behavior Supports (PBS)- A set of research-based strategies used to increase quality of life and decrease problem behavior by teaching new skills and making changes in a person's environment.

Power Struggle- Two (or more) people trying to impose their will upon one another.

Setting Events - Any condition, type of situation, or event that occurs before a problematic behavior. The condition or event will often “set a person up” so that a “triggering” action or event will cause the behavior to occur.

Quality of Life issues- Defined by an individual’s unique preferences, needs, and positive lifestyle changes that increase social belonging. Issues that are critical to contentment and satisfaction include a sense of safety, opportunities to make decisions, a sense of value and self-worth, relationships and friendships, community belonging, and personal control.

Summary Statement- The foundation for building an effective behavior support plan that describes the behavior and the reasons behind its occurrence. The Summary Statement is built from the information in the Behavior Assessment and includes the following:

- Specific description of the Behavior of Concern
- Underlying conditions, setting events, and triggers
- Why the Behavior of Concern described happens

Triggers- Stimuli (the person’s interactions with people or environments) that sets off the problematic behavior.

