

# CARERS WEBINAR SERIES

## Looking after an adult or child who presents challenging behaviour



# Supporting carers to understand behaviours that challenge in children and adults

The Positive Behaviour Support Service within the Hounslow Adult Learning Disability Health Team are providing these live bite-sized webinars of 15-20 mins for people who, without payment, help another adult or child, usually a relative or friend.

In this webinar series, families and carers can learn about strategies for managing behaviours that challenge, with the aim to reduce the likelihood of the behaviour occurring and improve the quality of the life for carers and the person they look after.

Carers will have the opportunity to ask questions throughout the live webinar and be given an overview handout for each webinar.

The webinars will be recorded and can be accessed anytime by re-clicking on the 'Join' link after the live webinar has ended.



## WEBINAR 1

What is Positive Behaviour Support? & The Four Whys

20 November 2020  
9:30am – 10:00am

▶ [Click here](#)

## WEBINAR 2

Choice

27 November 2020  
9:30am – 10:00am

▶ [Click here](#)

## WEBINAR 3

Visual Supports

18 December 2020  
9:30am – 10:00am

▶ [Click here](#)

## WEBINAR 4

Increasing Meaningful Engagement: Part 1

08 January 2021  
9:30am – 10:00am

▶ [Click here](#)

## WEBINAR 5

Increasing Meaningful Engagement: Part 2

22 January 2021  
9:30am – 10:00am

▶ [Click here](#)

## WEBINAR 6

Increasing Communication

05 February 2021  
9:30am – 10:00am

▶ [Click here](#)

## WEBINAR 7

Dealing with Change

19 February 2021  
9:30am – 10:00am

▶ [Click here](#)

## WEBINAR 8

Bringing it All Together

05 March 2021  
9:30am – 10:00am

▶ [Click here](#)



# WEBINAR INFORMATION

## WEBINAR 1:

### **What is Positive Behaviour Support? & The Four Whys**

Positive Behaviour Support, known as PBS, is a tried and tested way of understanding behaviour that challenge in children and adults. Although the approach is aimed at people with learning disabilities or difficulties and/or autism, many carers can learn strategies that will help them in their day-to-day life. This short webinar provides a definition of PBS and describes a model of understanding behaviours that challenge.

**20 November 2020; 9:30am – 10:00am**

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## WEBINAR 2:

### **Choice**

Choice making is an effective intervention for increasing the active participation of individuals. Providing choice-making opportunities has demonstrated successful outcomes to manage behaviours that challenge. This short webinar provides an overview on choice making and describes how and when to use choice with the people being supported and cared for.

**27 November 2020; 9:30am – 10:00am**

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## WEBINAR 3:

### **Visual Supports**

Visual supports are non-verbal ways for children and adults to communicate their needs and make sense of the world around them. We all can benefit from using visual supports for a variety of reasons. Visual supports can be photographs, drawings, objects, written words, or lists. This short webinar provides a few ways and reasons on why and how visual supports should be used.

**18 December 2020; 9:30am – 10:00am**

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## WEBINAR 4:

### **Increasing Meaningful Engagement: Part 1 (The Check-in Procedure)**

Active engagement happens when a child or adult can interact, communicate and participate with others. It should be a goal for all children and adults to experience active engagement, because that's when they are able to learn and make connections with others. Part 1 of this webinar will provide an overview on the 'Check-in Procedure' to help with active engagement.

**8 January 2021; 9:30am – 10:00am**



## WEBINAR 5:

### Increasing Meaningful Engagement: Part 2 (Doing it Together)

Active engagement happens when a child or adult can interact, communicate and participate with others. It should be a goal for all children and adults to experience active engagement, because that's when they are able to learn and make connections with others. Part 2 of this webinar will provide an overview of how working together can achieve active engagement.

22 January 2021; 9:30am – 10:00am

## WEBINAR 6:

### Increasing Communication

Some people can experience significant challenges in communication and social skills. In addition, they may demonstrate behaviours which challenge that can prevent successful participation in school, college and family activities. This short webinar will aim to provide an overview of the importance of communication and tools to increase and improve communication between carers and the person being cared for.

05 February 2021; 9:30am – 10:00am

## WEBINAR 7:

### Dealing with Change

The world can seem a very unpredictable and confusing place to some of the people we support and care for. Sometimes minor changes such as moving between two activities, can be distressing; for others big events like changing schools or going away on holiday. This short webinar will provide strategies to prepare children and adults for a situation or task by providing them with relevant information beforehand.

19 February 2021; 9:30am – 10:00am

## WEBINAR 8:

### Bringing it All Together

This final webinar aims to bring all the content, tips and strategies from this webinar series to help better understand behaviours that challenge in children and adults and how best to support them proactively. By doing so, we aim to reduce the likelihood of the behaviours occurring and improving the quality of the life for carers and the person they look after.

05 March 2021; 9:30am – 10:00am

For more information on the support available for carers visit:  
[www.hounslow.gov.uk/carers](http://www.hounslow.gov.uk/carers)

