Positive behaviour support plan

Person _____ Home or service _____

Date written _____ Next review date _____

1 About the person

What matters to them, how they communicate, what they like, and what a good day looks like.

2 The behaviours

Describe each one precisely: what it looks like, how often, how long and how intense.

3 What the behaviour does for the person

The function: a summary of the functional assessment, who did it and when.

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4 Setting events and triggers

The background (for example sleep, pain, illness) and what happens just before.

5 Primary strategies: environment and routine

Changes to the environment and routine so the behaviour is needed less.

6 Primary strategies: skills to teach and support

New ways for the person to get the same need met.

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7 Secondary strategies: early warning signs

What we see first, in order, and how to respond to calm things down.

8 Reactive strategies

Keeping everyone safe, least restrictive first.

9 PRN medication

Refer to the person's PRN protocol: the medicine, when it can be used and who authorises it.

PRN for distress comes after the strategies in this plan have been tried, and only as the person's PRN protocol says.

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10 Restrictive practices

What has been agreed and why, the mental capacity assessment and best-interests decision, whether it may amount to a deprivation of liberty (and, if so, the DoLS authorisation or Court of Protection order), and how and when it will be reduced.

Check current DHSC guidance on deprivation of liberty; the law changed in June 2026.

11 After an incident

Support for the person and for the staff, and the debrief.

12 Data and review

Which records feed the review (ABC charts, frequency), the review date and the reduction plan.

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Contributors and sign-off

Who	Name	Signature	Date
The person (and how they were involved)			
Family or advocate			
Staff team			
PBS practitioner or clinician			
Manager			

Date written _____ Next review date _____

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