

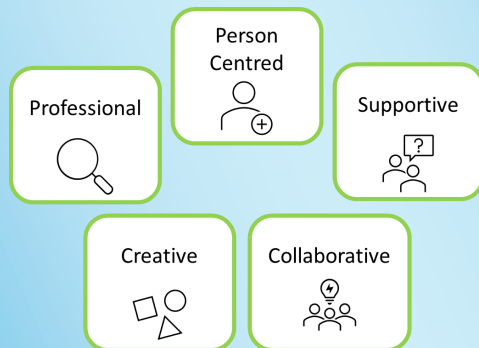
### What is An Cuan Regional Support Service?

An Cuan is a HSE registered regional outreach support service which supports adults with a mild to profound Intellectual Disability (also with/out a diagnosis on the Autism Spectrum) who are in receipt of services from voluntary/non-profit; for-profit and HSE registered services in Cork and Kerry.

An Cuan is an inter-disciplinary service comprising Psychology, Social Work, Occupational Therapy, Speech and Language Therapy, Positive Behaviour Support, Nursing, and Social Care practitioners.

Please see the 'Introduction to An Cuan' leaflet for information on our guiding principles and an overview of An Cuan's work.

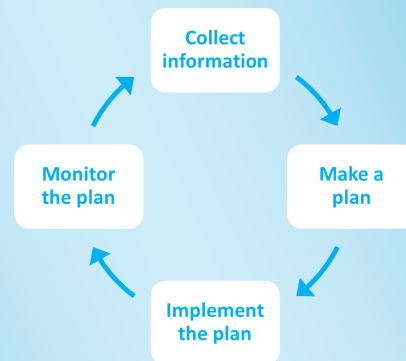
### What are the core values of An Cuan?



At An Cuan, Person Centred Planning (PCP) and PBS work in partnership to promote the best possible Quality of Life (QoL) for the person. PCP can highlight a person's hopes and priorities and it keeps PBS planning and assessment focussed on the person. PBS can highlight a person's strengths, possible directions and aspirations, defines support needs and ensures 'goodness of fit' for PCP.

### What is Positive Behaviour Support (PBS)?

PBS is an on-going process of systemic, educational, environmental, and therapeutic strategies focussing on improving quality of life, reducing and preventing behaviours that challenge by making changes in a person's environment and teaching new skills. PBS relies on person-centred strategies that are respectful of a person's rights, dignity and overall well-being.



PBS aims to:

- Be pro-active and preventative.
- Consider the person and their life as a whole, including physical health and emotional needs.
- Reduce the likelihood of behaviours that challenge by creating physical and social environments that are supportive and capable of meeting the person's needs.
- Teach the person new skills to replace behaviours that challenge and skills that enhance opportunities for meaningful independence, occupations and relationships in daily life.
- Involve multiple evidence-based approaches that come from a shared value base and are provided in a co-ordinated and person-centred manner.

### Some feedback on the support provided by An Cuan

*I liked the manner in which the entire support programme was planned and delivered. I found the An Cuan techniques easy to understand and easy to implement and this has helped the person we support to improve and thus reduced the behaviours that challenge (Service)*

*Very detailed, captured a lot of information and presented clearly (Service)*

*Clear and good guidance on how to approach each issue (Service)*

*They put together charts for people to understand you (Person)*

*Being listened to, being helped made life better (Person)*

*They always listened and offered ways to deal with my worries (Person)*

*The behavioural plan was excellent. I think it best to keep it in place and did find it a huge help. Thank you. (Family)*

The reverse of this leaflet offers a brief overview on working collaboratively in a PBS framework, starting by collecting and analysing information together, using the findings of this work to make a plan, then implementing and monitoring the plan together.

Training and workshops can support this work and are available through An Cuan. Please contact An Cuan to enquire about availability and to book your place.

## Working together in PBS (1)

### When making a referral you should:

- Complete the referral pack
- Complete a preliminary screening with An Cuan
- Provide additional supporting information where requested

### When responding to a referral An Cuan should:

- Process the referral in a timely manner
- Request any additional supporting information in a timely manner
- Inform the referrer on progress of the referral submitted

### When a referral is accepted you should:

- Provide a point of contact within the person's circle of support.
- Attend presentations and workshops facilitated by An Cuan.
- Communicate any needs and/ or change in a timely manner.

### When a referral is accepted An Cuan should:

- Notify the circle of support the referral is accepted; provide a point of contact.
- Facilitate presentations/ workshops on identified areas of need.
- Respond to any needs or changes communicated in a timely manner.

### When collecting information you should:

- Engage in good faith with An Cuan.
- Ensure documentation is available for review.
- Ensure respondents are available for interview and meetings.
- Complete recordings where requested.
- Facilitate observation where requested.
- Attend training and workshops with An Cuan.

### When collecting information An Cuan should:

- As far as practical, individualise tasks to your capacities.
- Facilitate you to complete any tasks requested.
- Collect information using multiple means (e.g. file review, interview, recording, and/ or observation).
- Analyse the information collected and use this to inform planning.
- Prepare and provide training on areas of need.

## Working together in PBS (2)

### When making a plan you should:

- Review and offer feedback in a timely manner on plans prepared by An Cuan
- Commit to use agreed plans as designed

### When making a plan An Cuan should:

- Provide a written plan matched to the priorities identified.
- Review any plans with you prior to implementation
- Support you to practice any plans before implementation.

### When implementing a plan you should:

- Implement the agreed plans as designed.
- Record use and outcomes of plans implemented and provide feedback.

### When implementing a plan An Cuan should:

- Monitor implementation.
- Provide feedback to the user and respond to any areas of need.

### When disengaging from An Cuan you should:

- Review outcomes to date with An Cuan and plan for any outstanding actions
- Continue to use agreed plans as designed
- Record use and outcomes of plans implemented
- Provide feedback where requested during monitoring period.
- Submit a re-referral if any additional needs are identified during monitoring.

### When disengaging from you An Cuan should:

- Review outcomes to date and plan for any outstanding actions.
- Handover any pieces of work being directly facilitated by An Cuan.
- Provide written summary report.
- Remain available for monitoring and support for an agreed duration
- Facilitate a re-referral if any additional needs are identified during monitoring.



# Working Together in Positive Behaviour Support (PBS)



For more information or to make a referral to An Cuan, please contact us at:

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☎ 086 810 6379

✉ [ancuan@cope-foundation.ie](mailto:ancuan@cope-foundation.ie)

✉ An Cuan Regional Support Service, Cope Foundation, Montenotte, Cork

✉ T23 PT93