

Northumberland Learning Disability Community Treatment Team (LDCCT)

Positive Behavioural Support

Information for service
users and carers



A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.

Who are we?



The Positive Behavioural Support pathway is a group of people trained to work with adults with learning disabilities who are at risk of behaving in ways that distress themselves or challenge others.



We also work with families and carers to change the supports around a person so they no longer need to resort to challenging others.

What do we do?



We try and get everyone to work together to understand why someone is upset and to improve a person's quality of life.

We undertake Functional Behavioural Assessment to help with this.



To do this we may need to talk to you and to other people.

How will we help?

We can...



Talk about what is important to you.

Talk to you about what you want to change.



Gather information from others who know you best.



Ask you or others to write down what happens each day. This will help us to understand your behaviour.



Together we will write a plan called a Behaviour Support Plan. This will help you and others to change situations that lead to distress and help you learn new ways of meeting your needs. We will check what you need to make the plan work and make sure everyone understands it, can deliver it and can keep you safe.

Appointments



A member of our team will contact you by phone or letter within 10 working days. We will talk to you about what will help.

Consent

We will ask you if you are happy for us to work with you.



You can say **yes**.



You can say **no**.

It's up to you

Where are we?



Our address is:
Northumberland Learning
Disability Treatment Team
Greenacres Centre
Green Lane
Ashington
Northumberland
NE63 8BL

Office hours: Monday to Friday
9am – 5pm



Our telephone number is:
01670 844 799

Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let one of our team know your idea.



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

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