

A guide to our **Specialist Consultancy Services**

Behaviour Support
and Autism



Dimensions' Behaviour Support Team aims to support people to live the life they want. Working with families, support groups, organisations, local authorities and staffing teams across the country we provide the skills and knowledge they need to make this a reality.

Our Consultant Behaviour Analysts are specialists in behaviour support and autism spectrum conditions. Our team, which includes a Board Certified Behaviour Analyst, has a wealth of experience to draw on.

What can we do for you?

Our Consultant Behaviour Analysts can provide expertise through individual consultations and training. We offer bespoke services to meet a variety of needs for your employees or people you support.

Dimensions has wide experience in providing consultations for people with autism or who exhibit behaviours of concern, which are sometimes called 'challenging behaviours'.



“Will has been empowering to the staff. He’s talked to them, been very positive and respectful and has supported them no matter how challenging the behaviour has been”

Tania, Senior Support Worker, London

Our approach

Our approach to supporting people with challenging behaviour is known as Positive Behaviour Support (PBS). This holistic method is based on the idea that if an individual's needs are met, their quality of life will improve and behaviours of concern will be reduced or even eliminated. Our aim is to understand why the person behaves the way they do so that we can develop ways to prevent the problem behaviour.

Individual consultations

Working with an individual's support staff, circle of support and professionals, our consultants:

- > Develop behaviour support programmes
- > Identify triggers for challenging behaviour
- > Help people to manage their behaviour in more positive ways
- > Model strategies and work with teams to ensure best practice
- > Evaluate and review progress

Training

We provide training for teams, families, and support groups on a variety of topics related to Autism Spectrum Conditions and/or Behaviour Support. All courses are taught using person centred approaches and some of our courses are taught in part by people we support. We are happy to develop specific courses to meet your own needs.

Our current courses are:

- > An introduction to Autism Spectrum Conditions
- > Advanced course in Autism: From theory to practice (2 days)
- > Understanding Positive Behaviour Support: Introductory course
- > Positive Behaviour Supports: Advanced understanding (2 days)
- > Discrete trial training (2 days)
- > Sensory awareness and processing
- > Skill development and promoting independence
- > Visual strategies
- > Social stories
- > Total communication
- > Environmental considerations
- > Social skills development
- > Pica

“One of the key things that our consultant, Nick, has done is to help staff to see the individual and her strengths, rather than her behavioural concerns.”

Team Leader, Peterborough



Autism Networking Days

We hold regular 'Autism Networking Days', where teams meet regularly for training. The material is designed to cater for the individuals they support. Information is given in bite-size amounts to allow the team to make changes related to each topic before moving on to the next one so real changes can be made to people's lives.

How much does it cost?

Reducing challenging behaviour helps to reduce support hours, staff absence and increase staff retention. As each training package or consultation is individually created to suit you, please contact us for more detailed information.

Contact us

If you would like to know more, please contact:

Lisa Hopkins, Director of Specialist Development.

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Phone: **0750 7556053**

Who are we?

Dimensions is the specialist not-for-profit provider of support for people with learning disabilities and autism.

To find out more about us and what we do, visit our website:

www.dimensions-uk.org



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