



Family-Centred Positive Behaviour Support Services

The **Family-Centred Positive Behaviour Support (FCPBS) Service** is designed for families who would like to learn strategies to address problem behaviour. These support services focus on learning strategies for routine-based and comprehensive behaviour support plans for families of children with Down syndrome, including children who have a dual diagnosis of Autism Spectrum Disorder, or an Attention Deficit Disorder, for example. Levels of support are based on families' personal needs, with a particular focus placed on positive reinforcement.

Problem behaviour can negatively impact a child's and/or the family's life. Families may start to avoid certain activities (e.g., going to stores, swimming, eating at restaurants) due to their child's problem behaviour.

Examples of mild-to-moderate problem behaviour include (but are not limited to): noncompliance (e.g., saying or yelling "no," whining, crying, not following parent instructions), mild aggression (e.g., hitting or pushing that does not cause physical injury), leaving assigned area and disruptive behaviour (e.g., throwing items off a table or out a car window; unravelling toilet paper rolls). More severe problem behaviour may include property destruction, aggression towards self or others that leads to physical harm, and prolonged or frequent temper tantrums. The Family-Centred Positive Behaviour Support services offered by the Down Syndrome Resource Foundation are specifically designed to teach strategies to parents and caregivers that lead to meaningful and durable improvements in child behaviour, parenting skills and confidence, and child and family quality of life.

First, a functional behaviour assessment is conducted with families. Families will learn about the causes of problem behaviour, and the aspects of behaviour that are unique to their child, including a review of common health co-morbidities for children with Down Syndrome. Problematic family routines will be identified (e.g., dinner, playtime with siblings, getting ready for school, bedtime), and one or more of these routines will be targets for intervention.

Observations are then conducted in varied settings, including home, school and community (e.g., therapy session, playground, or grocery store). We will meet with the family to collaboratively develop an intervention plan addressing the targeted routines or problem behaviours. The finalized plan will be given to the family, and ongoing support is available in person or via virtual support.

Please note that the service is flexibly designed and will be tailored to the needs of each individual family. We estimate 6-12 hours of service at minimum, at a rate of \$100 per hour. Please note that the number of hours of service depends on the severity of problem behaviour, and that the family and therapist will collaboratively decide on the approximate number of hours required.

Background and Expertise

Sara is a Board Certified Assistant Behaviour Analyst (BCaBA). She completed her undergraduate studies at the University of Calgary, and has a Master's degree in Education with a focus on autism and other developmental disabilities from the University of British Columbia. Sara's education has also focused on Applied Behaviour Analysis (ABA). While completing her undergraduate studies, Sara worked at the DSRF in the summer camp programs, and then later as a teacher assistant in the adult reading program. Sara has worked as a behaviour consultant providing support to children in a variety of settings for several years. She is enthusiastic about family-centered positive behaviour support and believes that a collaborative partnership with families is key to effective treatment. She is excited to be part of the DSRF team and to provide support to families and individuals of all ages.

Registration

A no charge initial consultation interview is required; please register at [DSRF.org/OtherServices](https://www.dsrf.org/OtherServices). If you are already receiving services through DSRF, please contact Dr. Susan Fawcett directly at susan@DSRF.org.

