

Appendix 1d. Case Study for Positive Behaviour Support intervention:

Case study below demonstrating the impact of 1-1 PBS intervention (names changed to maintain confidentiality):

Simon is a 5-year-old boy living with his mother and brother, with a diagnosis of Autism and Global Development Delay and is awaiting an ADHD assessment. The behaviour analyst gathered information with Simon's mother using the A.B.C interview as well as reviewing all documentation provided on Simon and his needs. Simon required support with his behaviour which was defined as physical aggression (throwing items and hitting or punching animals and people around him). Simon was supported with behaviour support strategies modelled by the behaviour analyst, which included anger management techniques such as 'blowing away the angry clouds' which consisted of Simon learning to exhale on items such as balloons, bubbles and pieces of light cloth to see the tangible effects this had. Simon was taught to be gentle with the family Cat by using a toy cat that produced a 'Meow' sound when stroked, through practice Simon was rewarded with a game of his choice. In addition, Simon's family were taught to use a visual schedule as Simon struggled with a lack of routine, Simon's mum was provided with a routine sequence and trained on the implementation of this as well as strategies. The impact of Simon's behaviour was supported using Law and Jacob's (2013) goals and goal-based outcome tool, a score of 0 means no progress has been made and a score of 10 means a goal has fully been reached. Below highlights Simon's goals and impact the intervention had on him and his family:

Goal	Rating before behaviour support	Rating after behaviour support
Simon learns to complete 5 gentle 'strokes' of a pretend Cat on two separate occasions	0	7
Simon uses a schedule to help him cope with his morning routine	0	8
Simon practices anger management method to 'blow' away the clouds	0	6