

## **FREE TRAINING!**

### **Positive Behaviour Support Training for Family Carers of Young People with Autism**

An opportunity for family carers to receive innovative practical training to help and support their family member who is aged between 5 and 18.

The training programme will focus on understanding emotional & behavioural challenges in children and young people with autism.

**Topics include:**

- An introduction to Positive Behaviour Support
- Exploring reasons for behaviours that challenge
- Sensory differences in autism
- Communication and understanding
- Social stories and scripting
- Strategies for managing difficult times
- Wellbeing for you and your family member

The programme will be delivered through training sessions, 1:1 sessions and a range of e-learning resources and tools.



## **Training Sessions (2016 and 2017)**

Initial training consists of two half-day training sessions in **Positive Behaviour Support** for family carers, which will be held in a number of locations all around Scotland.

These sessions will provide you with practical support and advice that you can use right away back in the family home. You will also have the opportunity to hear from other family carers in a supportive and relaxed atmosphere.

### **1:1 Sessions**

There will be the opportunity to apply for 1:1 sessions with a Behavioural Specialist. These will be held locally out with the family home, and there will be two 1:1 sessions and 4 follow up consultation phone calls. These will focus on:

- Providing practical support and guidance in using Positive Behaviour Support approaches
- Problem solving around difficulties that you and your family are facing
- Feedback regarding new ideas and providing further advice

### ***Family carers who have attended this training have said:***

*"It gave me support, information and advice on how to be an advocate for my son and his needs".*

*"The 1 to 1 contact was the real winning aspect of the course".*

*"We feel empowered now".*

### **Positive Pathways Scotland**

The training will be led by Laura Andrew, a Behavioural Specialist from **The Richmond Fellowship Scotland's Positive Behaviour Support Team.**



For an application form, or to find out more please contact Laura Andrew on:  
Email: [pps@trfs.org.uk](mailto:pps@trfs.org.uk)  
Tel: 0845 013 6365

**Booking starts now, so please don't delay in getting in touch as places are limited.**