



Positive Behaviour Support at Melba

Imagine feeling overwhelmed, frustrated or scared, but not being able to explain why.

Imagine needing support, but the only way to show this need is through behaviours that others find challenging.

For some people, this is part of everyday life.

At Melba, we understand that these behaviours are not the problem. They are a form of communication. That's why we use the term **behaviours of protest – because these behaviours often express an unmet need.**

What is Positive Behaviour Support?

Positive Behaviour Support (PBS) is a person centred, evidence-based approach that focuses on understanding why behaviour happens and what a person needs to feel safe and supported.

At Melba, we understand behaviours are a form of communication, they're a message to understand not a problem to fix.



Our Approach

Person centred – you are at the heart of everything

Trauma informed
– recognising lived experience and building trust

Strengths based –
focusing on what's working

Collaborative – working alongside families and support networks

Human rights focused
– supporting choice, control and dignity

How We Support You

We work with you and your support team to:

- > **Understand behaviours of protest**
Looking beyond the behaviour to unmet needs, stress, or environment
- > **Build communication and coping skills**
Supporting safer, more effective ways to express needs
- > **Create supportive environments**
Reducing triggers and improving everyday experiences
- > **Reduce restrictive practices**
Focusing on dignity, safety, and lasting positive change

What Makes Melba Different

We don't just create a plan and walk away, our practitioners stay involved. We are there coaching, training and working alongside you and your support team to make strategies work in real life. We know that when people feel understood and supported, positive change lasts.


Why Positive Behaviour Support?

At Melba, we believe behaviours make sense when you understand the person. PBS is about people feeling safe, understood and empowered to build the skills they need to live their life, their way.

Scan the QR code to find out more



For more information

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