

Early - Positive Approaches to Support (E-PAtS)

*Working with families and children
at risk of behaviour that challenges*

TIZARD
University of Kent

 **The Challenging
Behaviour Foundation**
making a difference to the lives of people with severe learning disabilities

The situation

Children with **learning disabilities** experience increased difficulty in communicating, understanding and controlling the world around them.

Many children with learning disabilities also experience physical health complications and adverse life events.

Because of these difficulties some children with learning disabilities are at increased risk of developing **behaviour that challenges** such as aggression or self-injury.

These behaviours have a significant impact on the wellbeing and quality of life of:

- **The child**
- **Their family**
- **Others who support them**

Without intervention, behaviours that challenge often continue into adulthood, presenting further difficulties for individuals, families and services.

The solution

Research and clinical practice suggests that the **risks** of behaviour that challenges **can be reduced** by better recognising and meeting the needs of people with learning disabilities.

Yet far too often this support is only provided at a late stage when individuals and families are **at a crisis point**.

Early – Positive Approaches to Support (E-PAtS) is a demonstration project that focuses on supporting families and children with learning disabilities from an early age.

The aim of E-PAtS is to reduce the risks of behaviour that challenges **before a crisis** is reached and to limit the impact of such behaviour on children, families and professionals.

The Team

E-PAtS is run from the **Tizard Centre** and co-ordinated by **Dr Nick Gore** who was awarded the Patricia Collen Fellowship¹.

Nick is working in association with **Peter McGill**, also from the Tizard Centre, the **Challenging Behaviour Foundation** and an advisory group of family carers, professionals and other stakeholders.

The Structure

Core Project

E-PAtS will deliver a package of best practice supports to **35** families with children who have a learning disability and are at high risk of developing behaviour that challenges.

At the start of the project, identified children will be under **5-years old** and present with a combination of risk factors

¹ The fellowship was made possible by legacy funding from the estate of Patricia Collen who spent the majority of her life within Normansfield Hospital in the United Kingdom

supported in the research literature. The central aim is to help better meet the needs of these children and their families at an early stage.

A range of outcomes for children and families will be evaluated overtime.

The E-PAtS Network

The E-PAtS team will aim to identify **other examples** of early support for behaviour that challenges within research and clinical settings.

E-PAtS will provide additional advice, guidance and direct input to professionals working in these services to further develop and evaluate these initiatives.

E-PAtS will create a **professionals' network** to disseminate and sustain all learning.

Getting Involved

If you are interested in the work of E-PAtS or have any questions or ideas we would

like to hear from you. Here are some ways you could help:

Families and individuals – informing us of your experiences and giving advice on what is needed to better support behaviour that challenges

Practitioners and researchers – informing us of how you are providing early support for behaviour that challenges

Policy makers – informing us of new developments and allowing us to share examples of our learning

Other – make a donation for the continuation and development of work from E-PAtS

Contacts

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