



FUNCTIONAL BEHAVIOUR ASSESSMENT (FBA)



Functional Behaviour Assessment (FBA) is an evidence-based core component of FABIC, the name being derived from it ... Functional Assessment & Behaviour Interventions Clinic (FABIC).

FBA investigates the reasons for specific behaviour being used and is based on two principles:

- All behaviour happens for a reason
- All behaviour is preceded by anxiety

To identify the reason for behaviour we need to understand anxiety ... anxiety occurs when a person is in a part of life they perceive they do not yet have the skills to respond to.

FABIC Functional Behaviour Assessment is about:

1. Identifying what the parts of life are that a person perceives they do not yet have the skills to respond to (i.e. the reason)
2. Recommending strategies based on supporting a person to develop the skills so they do feel equipped to respond to life

WHO WILL BENEFIT?

An FBA is often required by organisations and/or families to understand the reason for a person's use of unwanted behaviours so they can be supported with lasting behaviour change through recommended positive behaviour interventions. Note: An FBA is a prerequisite for anyone with an NDIS plan who is subject to a restrictive practice; it then forms the foundation for a positive behaviour support plan

PURPOSE

To bring understanding to behaviour and offer an individualised intervention plan that, when successfully implemented, will bring about **LASTING BEHAVIOUR CHANGE**.

OUTCOME

A detailed report with the perceived reasons of the behaviour and a series of recommendations and practical tools for lasting behaviour change.

WHAT'S INVOLVED?

- Initial interview with a legal guardian (face-to-face, by phone or Skype)
- Interviews with other primary carers
- Observation(s) in client's natural setting(s)
- Interview with the client (if appropriate, done at the same time as the observation and if not, separately)
- Review of any reports and other written information provided to FABIC
- Detailed report highlighting the reasons for unwanted behaviours and recommendations for positive behaviour interventions
- Report feedback session with legal guardian or other appointed person(s)

HOW LONG DOES IT TAKE?

Approximately eight weeks from the initial meeting to receiving the final report.

LOCATION

Consultations, interviews and report feedback occur face-to-face at one of our FABIC offices or via telehealth. Observation/s occur in the client's natural setting/s. Travel costs apply.

COSTS

Costs vary depending on each person's needs and are based on the clinician's standard fee (contact FABIC for details).

For more info or to
book, contact FABIC

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