The ANS model. Implications for understanding behaviour and building capability of environments.

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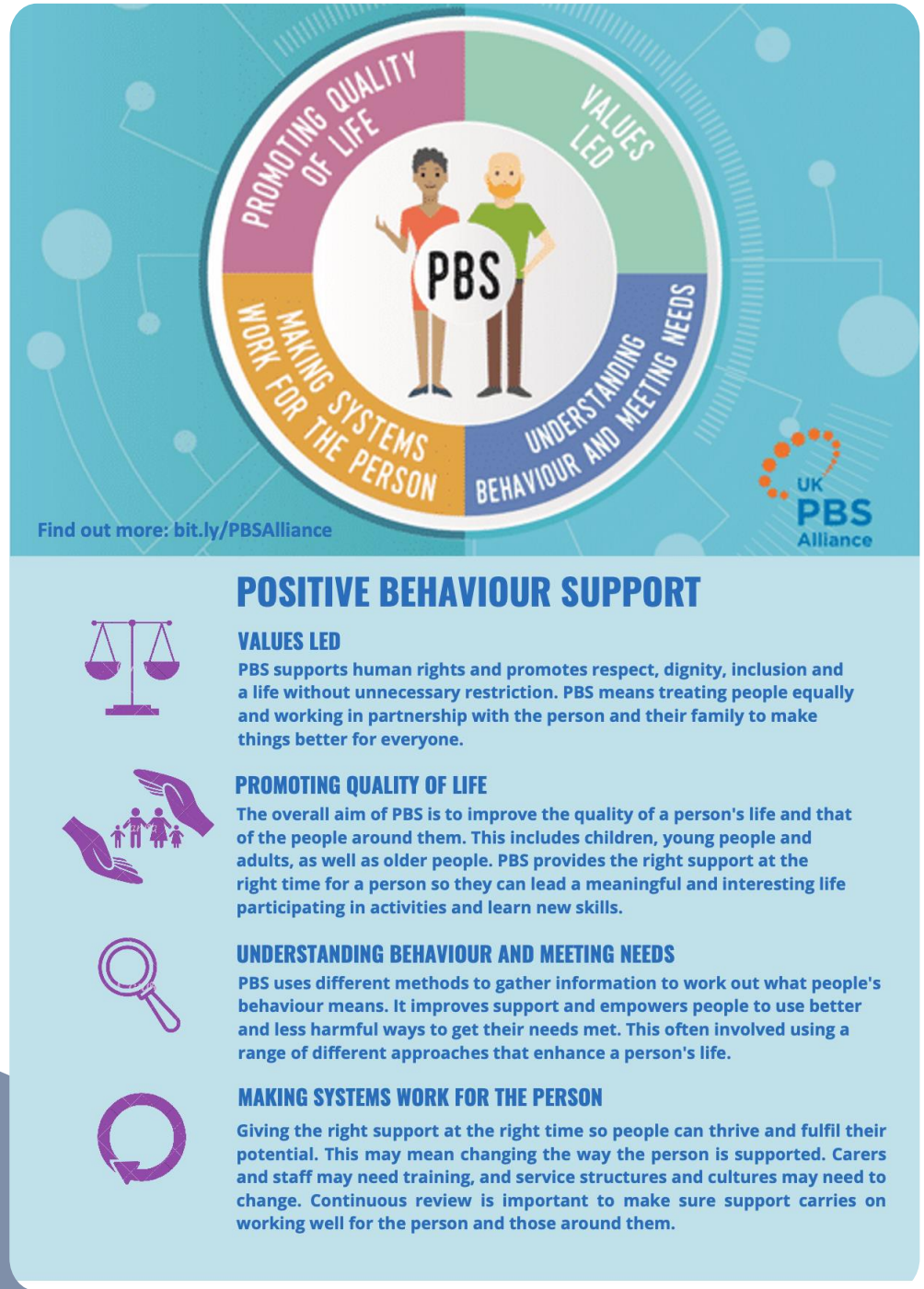

Image Source: Positive Behaviour Support.(n.d) UK PBS Alliance and BILD Infographic.https://www.bild.org.uk/wp-content/uploads/2020/01/PBS-Infographic-English-PDF-1.pdf

Common 9 underlying principles of PBS

(Carr et al, 2002)

Image source: Lobb, D. Microboards Australia and Curtin University.

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LEE

Person led

Trauma informed

Neuroscience

Quality of life

Lifespan perspective

Valuing natural expertise

Multiple perspectives

System change

Focus on prevention

Socially relevant

Flexibility and data driven

bild

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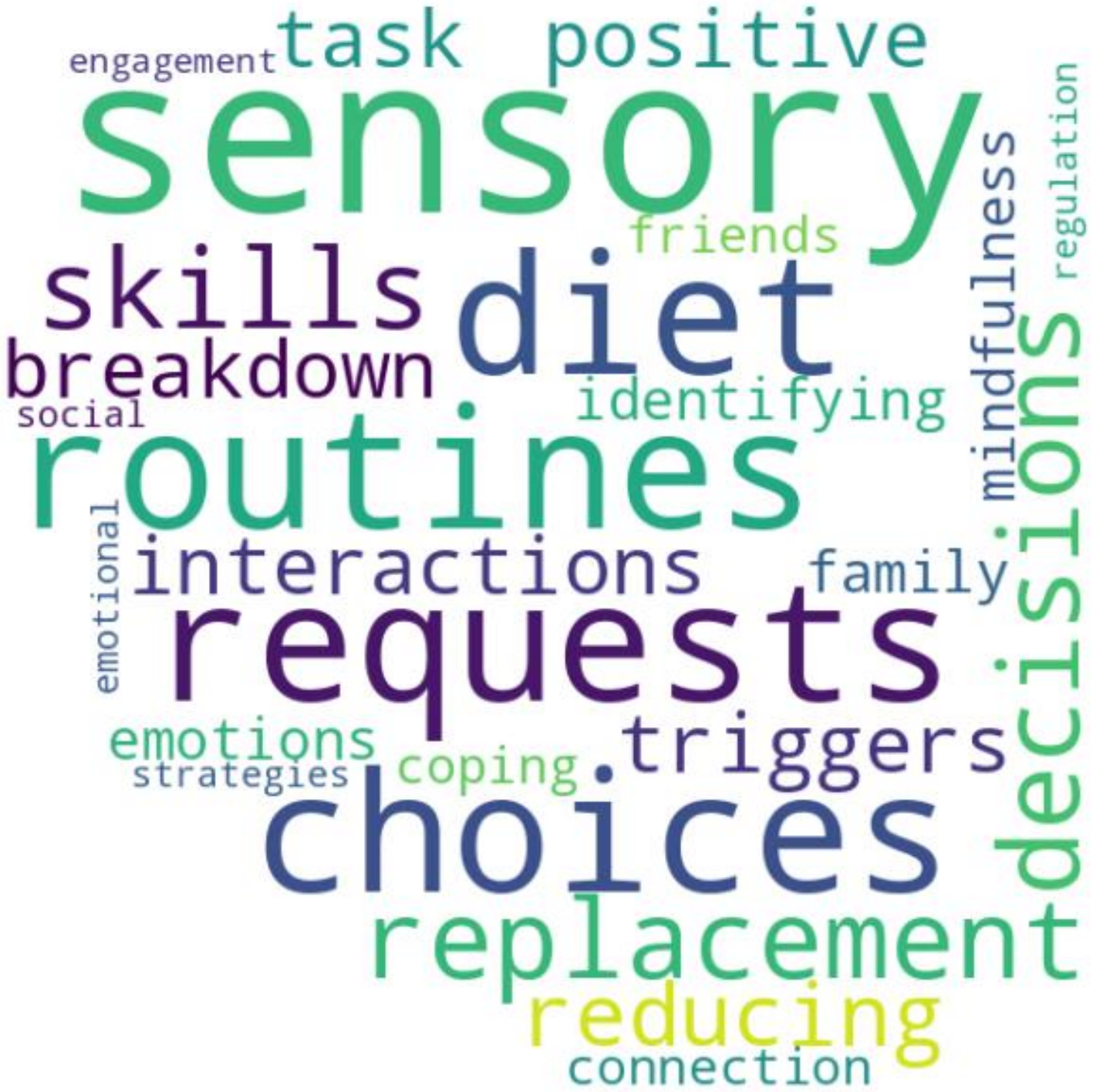
Respect	Neuro-affirming	Rights Driven	Person Led/Partnership		
Practice Leadership	Reflective Practice	Culture and understanding	Planning and Monitoring		
Choice and control in all aspects of life	Supported decision making	Friends, Family and meaningful relation-ships	Being a member of community	Continuous skill Development and learning across everyday life	Valued roles
Connected to culture and spirituality	Pursuing interests, dreams and desires	Access to communica-tion systems and part-ners	Health, exercise	Sexuality	Choosing where and who to live with

Supporting a Good Life

House Model V4 - © Debbie Lobb, Microboards Australia.

Beyond surface level supports



Our brain and body is designed in such ways that

- We seek to feel safe
- We seek to connect : our brain is a social brain, we seek to attach and connect
- We seek to know : to feel oriented and in control
- We seek to feel pleasure and distress avoidance
- We seek to feel good and protect our sense of self

These basic needs or innate drivers are linked with the neurological concepts of

- Our nervous system seeks consistency and consistent regulation
- Our nervous system is developmental, impacted by ongoing and historical experiences layered over genetics.

Rossouw, (2013); Siegel, D. J. (2012), Dana (2018).

Neuroception: the body brain constancy of scanning for cues of safety and connection. Cues that are internal and external

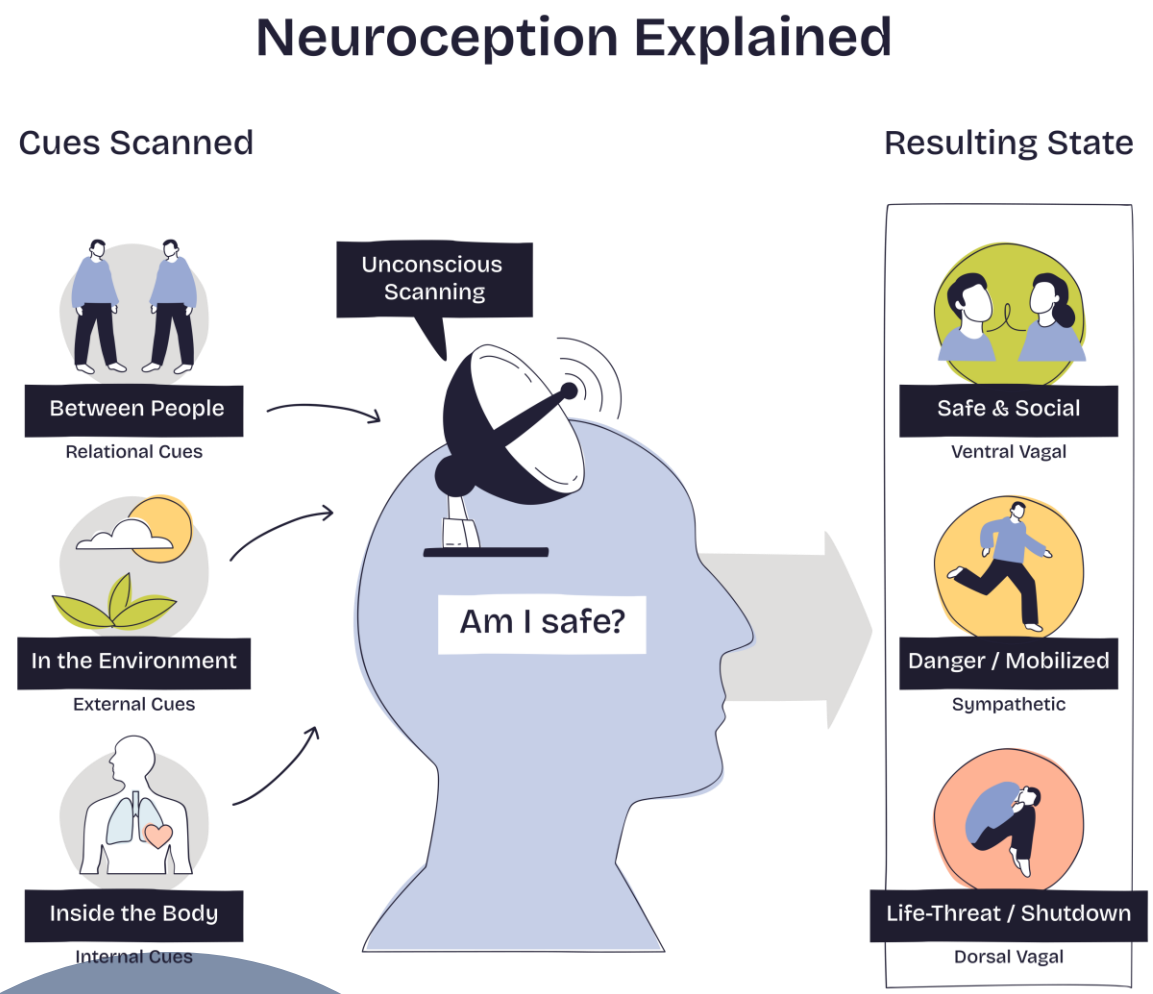
Neuroception of threat : shifts in body state that act to protect, can be mobilised or shutdown states.

Cues can be internal (influenced by neural pathways developed through chronic stress) and external (sensory and relational).

Chronic stress

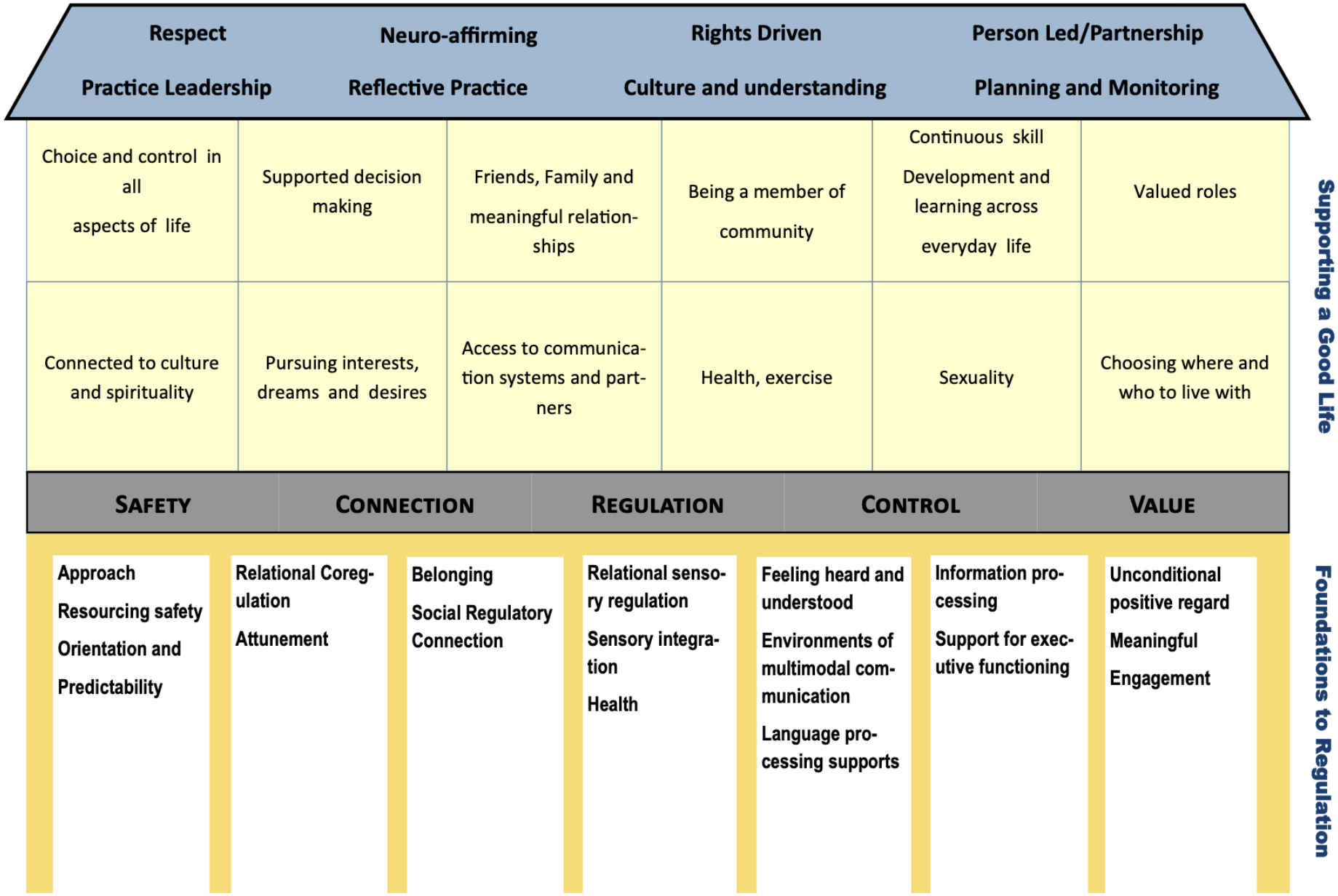
=

Trauma response



“Safety is the foundation from which all learning and growth occurs.”

Bruce Perry



House Model V4 - © Debbie Lobb, Microboards Australia.

For Eli, more than 10 years ago, many parts of the good life components of the house model were in progress, and yet these things weren't meeting his needs to feel safe.

Choice and control in all aspects of life ✅	Supported decision making ✅	Friends, Family and meaningful relation-ships ✅	Being a member of community ✅	Continuous skill Development and learning across everyday life ✅	Valued roles ✅
Connected to culture and spirituality ?	Pursuing interests, dreams and desires ✅	Access to communica-tion systems and part-ners ✅	Health, exercise ✅	Sexuality ✅	Choosing where and who to live with ✅

Supporting a Good Life

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ANS model

Autonomic Nervous System

Assessing and Addressing Underlying Needs and Supports

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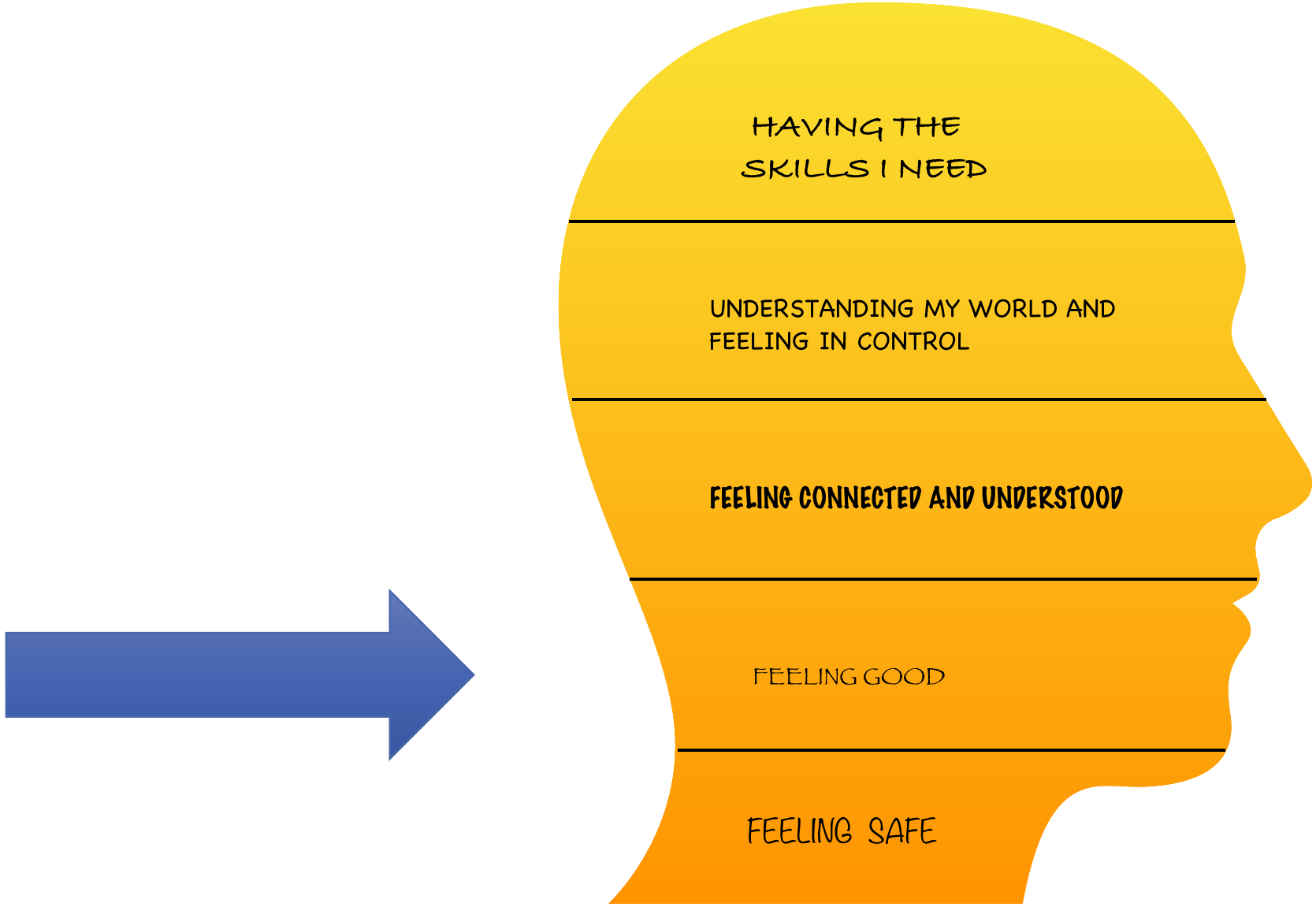

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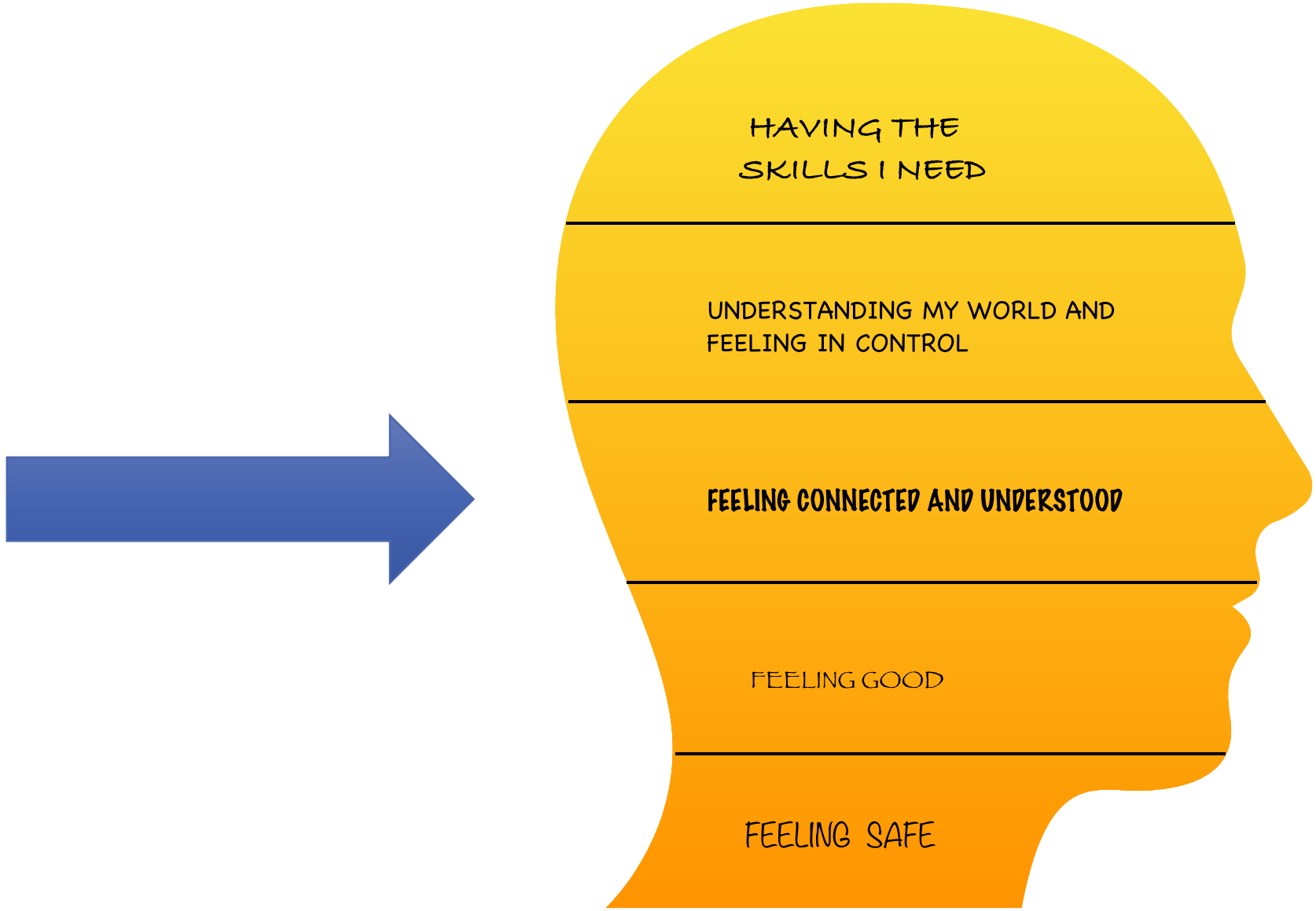
Eli needed :

- To feel safe
- To feel connected
- Supporters who could attune to him
- Processing supports to help him feel safe in knowing
- Sensory processing support that addressed his everyday regulation, not an intervention which was led by him and responsive to his needs

Our brain and body is designed in such ways that	We seek to feel safe
	We seek to connect : our brain is a social brain, we seek to attach and connect
	We seek to know : to feel oriented and in control
	We seek to feel pleasure and distress avoidance



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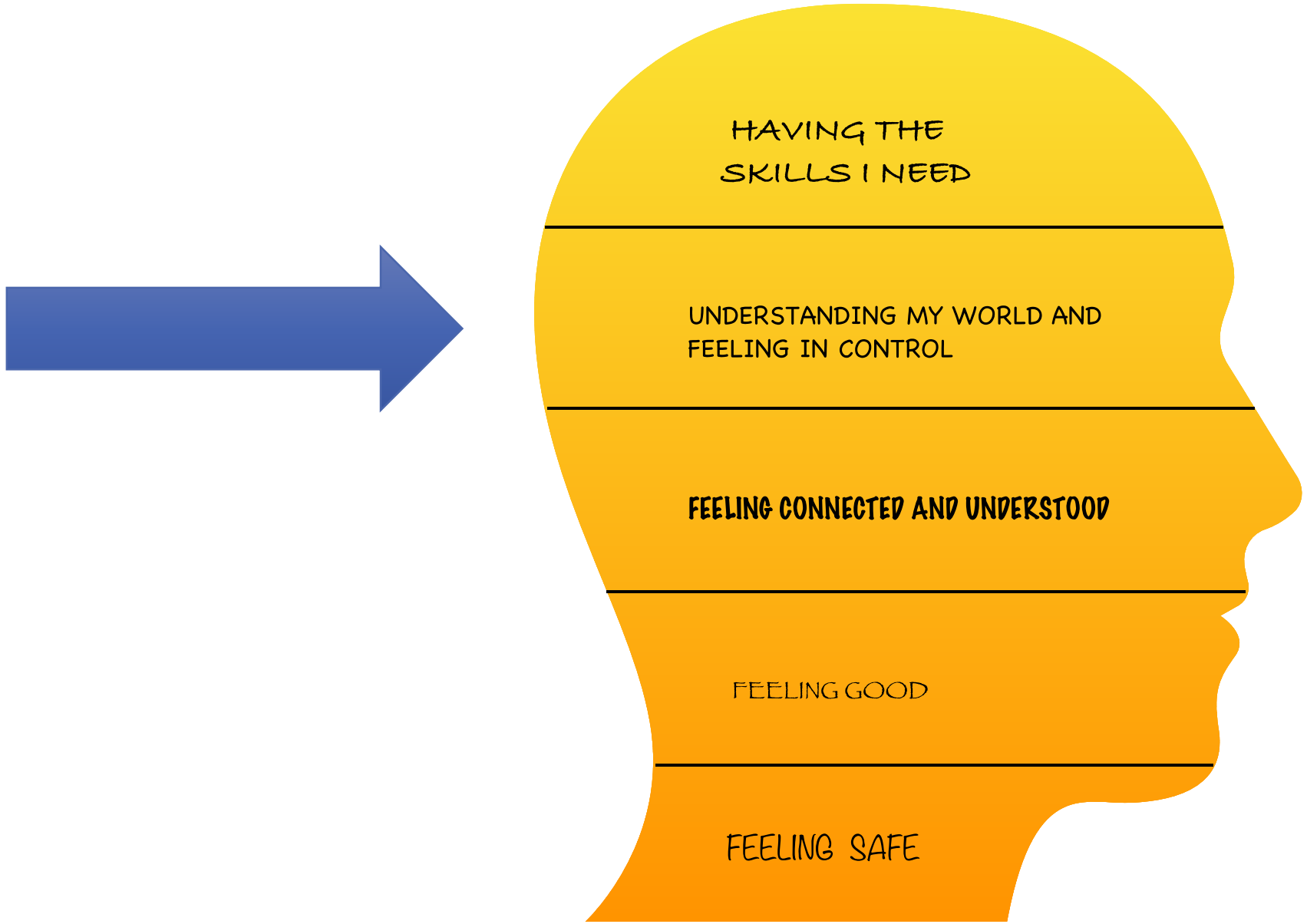

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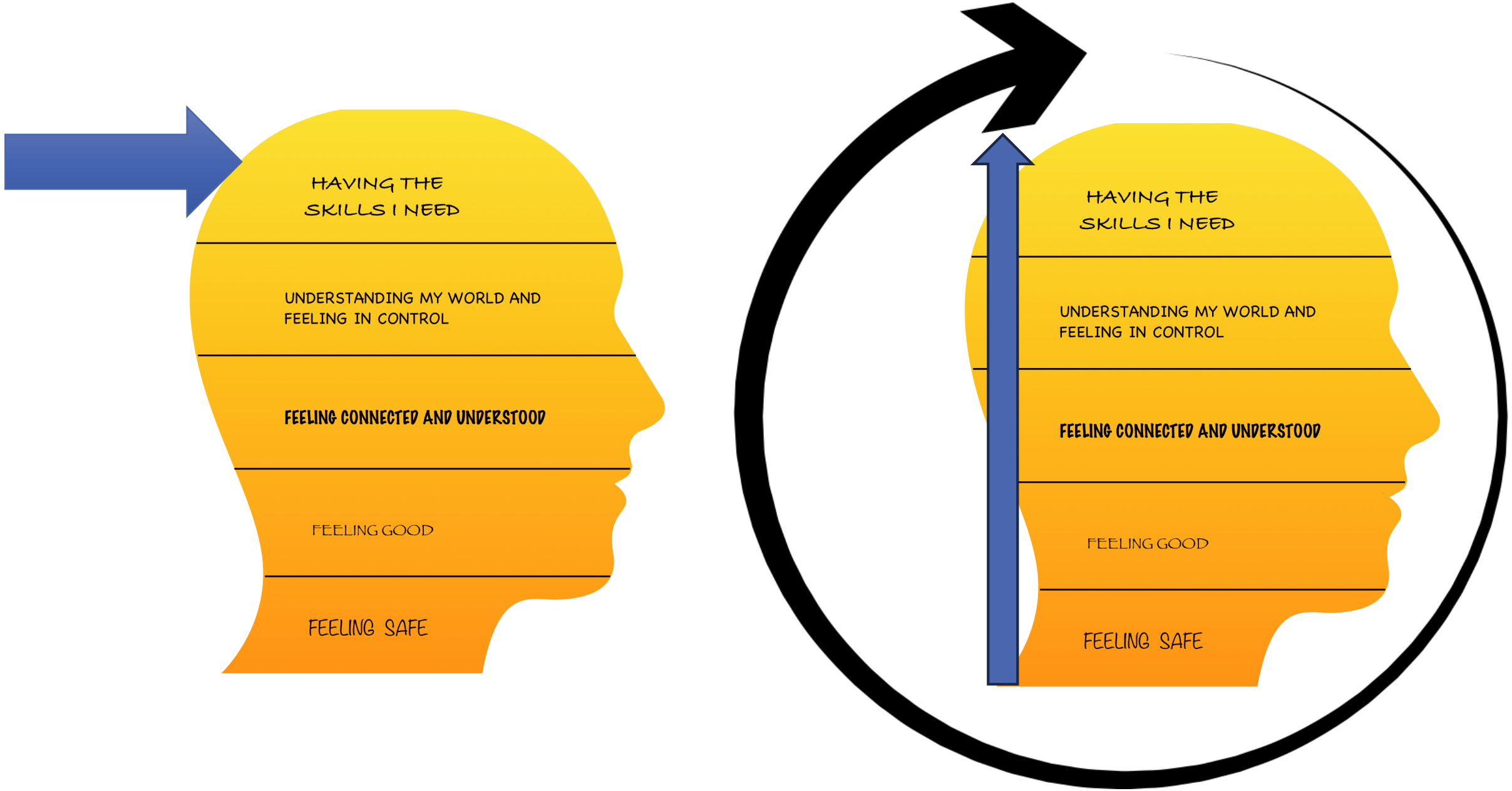
HAVING THE SKILLS I NEED
UNDERSTANDING MY WORLD AND FEELING IN CONTROL
FEELING CONNECTED AND UNDERSTOOD
FEELING GOOD
FEELING SAFE
HAVING THE SKILLS I NEED
UNDERSTANDING MY WORLD AND FEELING IN CONTROL
FEELING CONNECTED AND UNDERSTOOD
FEELING GOOD
FEELING SAFE

It also highlights and promotes the deep realisation that building capability is grounded in not only accessible environments but that the **intentional use of relational and regulatory skills** of supporters permeates **every moment** to support internal wellbeing when doing well and when stressed or finding something hard.

Communication for connection and processing

Eli using his communication device to chat with Jordon Steele-John.

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Multimodal Communication: Central to our internal wellbeing

Influences our:

- Neurology
- Neural functioning – neurochemicals and neural pathways
- Regulation and unconscious stress experiences
- Body experiences
- Sense of safety and connections
- Ability to learn
- Awareness of and actions taken for sensations, thoughts, needs, ideas.

Ability to realise human rights

Let alone.....

When we do not have the tools and support to effectively share our words, other people can make destructive decisions about our lives.

Jordyn Zimmerman

FRINGE
WORLD
Welcome to

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IDGE LINE

A:B(E)
POWDER
winc

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