



Meet

Toby Aldington

Positive Behaviour Support
Practitioner

ABOUT TOBY

Toby is a Positive Behaviour Support Practitioner based in Port Lincoln, SA, working across the Eyre Peninsula. His practice is trauma-informed and neuroaffirming.

He starts by working out what's driving a behaviour. From there, he helps the people he supports find safer ways to manage what's around them, for themselves and those close to them.

Toby takes care to get this right. He gathers data carefully, then guides families, carers and support workers as they put the strategies into practice. A behaviour support plan only works if it makes sense to everyone using it every day, and if they believe in it.

Who Toby works with

- ✓ Children and adults
- ✓ Autistic and other neurodivergent individuals, including those with ADHD
- ✓ Mental health needs and complex behaviours of concern
- ✓ Intellectual disability
- ✓ Restrictive practices, and reducing them safely

At a glance

Region	Port Lincoln and the Eyre Peninsula, including Coffin Bay, Tumby Bay and Cummins.
Services	Positive Behaviour Support

Qualifications

Master of Social Work (in progress),
Flinders University

Bachelor of Psychology, University of
South Australia

Level 2 Registered Counsellor,
Australian Counselling Association

Engaging in Positive Behaviour
Support Practices, Monash University

☆ Fun fact

Toby took his work-life balance motto from the film Highlander: "It's better to burn out than to fade away"... though he prefers the people he supports do neither!

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