

**FIGHTING
CHANCE**

Welcome.

**Understanding Positive Behaviour
Support, Restrictive Practices and the
relationship between them.**



Our presenters



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Acknowledgement of Country

I would like to begin today by acknowledging the Traditional Custodians of the land on which we meet today, and pay my respects to their Elders past, present and emerging. I extend that respect to Aboriginal and Torres Strait Islander peoples here today.



Agenda

We will discuss:

- What is a restrictive practice (RP) under the NDIS rules?
- What does it mean when a RP is recommended as part of your behaviour support plan?
- What is Positive Behaviour Support (PBS), and what role do Behaviour Support Practitioners play?
- How does PBS reduce the need for restrictive practices?
- What is the difference between PBS & Applied Behaviour Analysis (ABA)?
- Where can I find more information about Restrictive Practices and Positive Behaviour Support?



What is a restrictive practice?

A restrictive practice means any practice or intervention that has the effect of restricting the rights or freedom of movement of a person with disability.

Under the [National Disability Insurance Scheme \(Restrictive Practices and Behaviour Support\) Rules 2018](#) certain restrictive practices are subject to regulation.

[Regulated Restrictive Practice Guide 2020](#)



Types of Restrictive Practices

- **Physical** - the use of action of physical force to prevent, restrict or subdue a person's body or part of their body to influence behaviour.
- **Chemical** - medication used to influence behaviour.
- **Environmental** - restricting a person's free access to all parts of their environment, including items or activities.
- **Mechanical** - the use of a device to prevent, restrict or subdue a person to influence behaviour.
- **Seclusion** - sole confinement in a room/space where voluntary exit is prohibited or not facilitated.



What is Positive Behaviour Support (PBS), and what role do Behaviour Support Practitioners play?

Positive Behaviour Support (PBS) is a person-centred approach to behaviour that is focused on improving quality of life and reducing behaviours of concern.

Behaviour Support Practitioners (often referred to as “PBS practitioners”) assess the influences on a person’s behaviour, and design interventions to both increase a person’s quality of life and reduce challenging behaviours (BSPA)



What does it mean when a RP is recommended as part of your behaviour support plan?

Positive behaviour support focuses on evidence-based strategies and person-centred supports that address the needs of the person with disability and the underlying causes of behaviours of concern, while safeguarding the dignity and quality of life of people with disability who require specialist behaviour support.



Who can I talk to about Restrictive Practices?

- Supports Coordinators
- Behaviour Support Practitioners
- Service Provider Managers
- NDIS Quality & Safeguards



Positive Behaviour Support (PBS)

PBS works from the following ideas about behaviour:

- All behaviour serves a purpose (function).
- Behaviour is often an attempt at communication.
- We should always assume positive intent behind behaviour.
- Behaviour is built by a complex mix of biological, social and learning factors.



The PBS framework

The PBS framework asks us to think about how;

- developmental history
- learning background
- social supports
- diagnosis
- and other personal factors

can all contribute to a person's experience of the world and therefore their behaviour.



PBS Plans

PBS plans should look at:

- The person
- Their environment or 'ecology'
- Any behaviours of concern
- Functional behavioural analysis
- Formulation
- Intervention
- Learning
- Responding to challenges



Comprehensive PBS Plan

A comprehensive PBS plan will

- Define the challenging behaviour that is observable and measurable
- Specify the predictors for each behaviour (setting events)
- Analyse what is triggering the behaviour to occur
- Specify environmental changes

[Evidence Matters](#)



How does PBS reduce the need for restrictive practices?

- Behaviour Support Plan
- Implementation
- Data
- Review
- Referral



What is the difference between PBS & Applied Behaviour Analysis (ABA)

What PBS is	What PBS isn't
PBS is proactive and preventative. This means we try to anticipate and avoid known difficulties to reduce stress and upset to create calm learning environments.	PBS is not a quick fix or reactive approach to managing challenging behaviour. These approaches often result in the isolation and exclusion of people on the autism spectrum.
PBS is positive. This means increasing and strengthening helpful behaviours through 'positive reinforcement', not just stopping behaviours of concern	PBS does not use strategies designed to be unpleasant or aversive to reduce challenging behaviour. This includes 'time out' if used as a punishment
PBS addresses all areas that impact behaviour and quality of life, including the person, their environments and those people who support the person.	PBS is not a therapy that is only done with the individual (although some direct work might be part of the process).
PBS uses principles from the science of learning called 'Applied Behaviour Analysis (ABA)' and can include a range of other social, psychological and medical approaches	PBS is different from Early Intensive Behavioural Intervention (EIBI) which is sometimes known as 'ABA'. EIBI is a specific early intervention for children on the autism spectrum, not a framework for responding to challenging behavior.
PBS understands that certain safety strategies used in response to challenging behaviour have the potential to be misused. PBS supports the transparent monitoring of 'Restricted Practices' such as exclusionary time out, restraint, medication for challenging behaviour or restrictions on choice.	PBS is not a way to control a person but to develop positive environments that make challenging behaviour unnecessary, inefficient and ineffective. PBS does not use prohibited practices.

Where can I find more information about Restrictive Practices and Positive Behaviour Support?

- National Behaviour Support:
behavioursupport@ndiscommission.gov.au
- NSW: nswbehavioursupport@ndiscommission.gov.au
- NDIS contact - 1800 800 110
- restrictivepracticesauthorisation@facs.nsw.gov.au
- People With Disability Australia - 02 9370 3100
- Disability Advocacy NSW - 1300 365 085



Questions?



Thank you

Contact us to find out more



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