

Positive Behaviour Support Policy

Easy Read version



How to use this booklet

This information is written in an easy to read way.

Some words are written in **bold**. We explain what these words mean.

This Easy Read document is a summary of another document.

You can ask staff for the other document.

You can ask for help to read this document.

A friend, family member or support person may be able to help you.

What is this document for?

Positive Behaviour Support is about using strategies to help you to enjoy your life and to reduce behaviour that could harm you or others. It is about making plans that suit you as an individual and work with you for positive change.

This document tells you how we use Positive Behaviour Supports.

When does Positive Behaviour Support apply?

If your behaviour might harm you or other people, we will work with you to make a Behaviour Support Plan.

A Behaviour Support Plan is about:

- Behaviours – actions or feelings that you might not be able to control
- Strategies – ways we can help you control your actions or feelings
- Safety – how we can keep you and those around you safe
- Freedom – how you can be free to do what your want without harming yourself or others

How do we make a Behaviour Support Plan?

We will talk to you, your family and your support people so we can understand your actions and feelings and what you like and don't like.

We may also spend time watching you at home or school so we can understand your actions and feelings and what you like and don't like.

We may talk to your doctor or your teacher.

We will talk about your strengths what is important to you and who are the people that are important to you.

If you want to do something that may hurt yourself or others, we will have to find another way for you to have what you want.

If we think you need a restrictive practice to control your actions and feelings we will get permission from a specialist

What is a restrictive practice?

A restrictive practice is something that stops you from doing what you want to do. It might be:

- **Seclusion** – making you staying in a room
- **Mechanical** – using a piece of equipment to hold make you stay where you are
- **Physical** – holding you so you cannot move away
- **Chemical** – giving you medicine to help you feel calmer
- **Environmental** – not letting you have something that you want

We will only put a restrictive practice in your Behaviour Support Plan if there is no other way to stop you from harming yourself or another person.

If we have to put a restrictive practice in our Behaviour Support Plan we will get permission.

If we have to use a restrictive practice we will tell the NDIS Quality & Safeguards Commission.