

Understanding Behaviour Support

What is Positive Behaviour Support (PBS)?

Positive Behaviour Support (PBS) is a proven way of understanding and changing behaviour that focuses on the person and the people around them. It is a way of helping people living with a disability to have a good quality of life, and it values and protects their rights. PBS is a process that involves understanding why a person is behaving in a certain way and then developing strategies to support them to change their behaviour. It is a way of helping people to learn new skills and ways to cope when things are hard, and to try new things and be a part of their community. PBS does not use punishment or strategies that can hurt the person.

The National Disability Insurance Scheme (NDIS) provides funding for Positive Behaviour Support plans (PBSP) for people who have behaviours of concern. A PBSP is a document developed to improve a person's quality of life. It is based on a person-centred approach that considers the person's strengths, goals, wants and needs. PBSP's aim to make things better so that the person can have a good quality of life, get support that meets their needs and helps them achieve their goals, be supported by people who are well trained and know the best ways to help them, get along with others and build strong, long-lasting relationships, have choice and control in their life, and have less or no restrictive practices in their life.

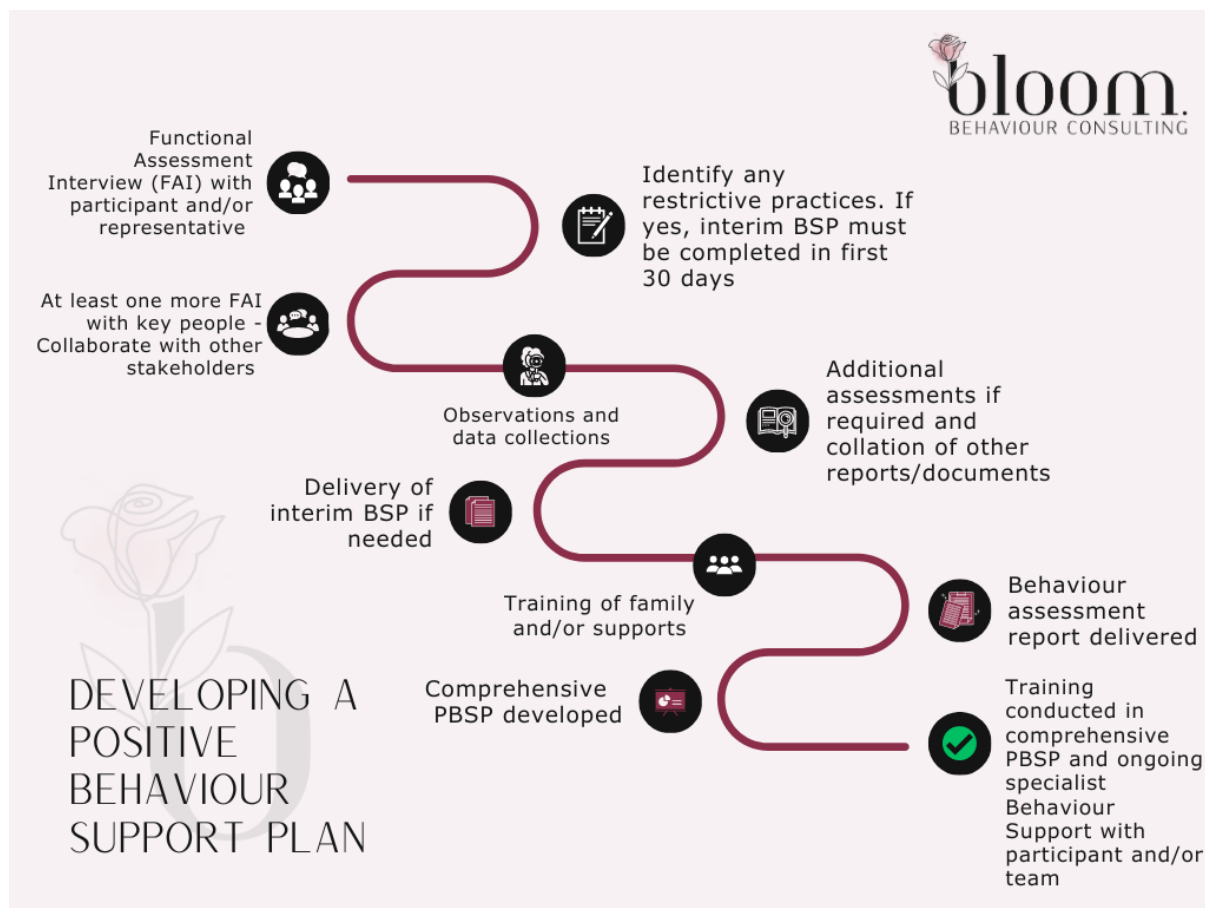
See: [Participant Fact Sheet 1 - What is positive behaviour support \(ndiscommission.gov.au\)](https://www.ndiscommission.gov.au/participant-fact-sheet-1-what-is-positive-behaviour-support) for more information.

Our first objective is to identify any restrictive practices and develop a PBSP that outlines the recommendations for improving the participants quality of life. Ongoing specialist support, varies depending on a person's funding and needs. Sometimes it might be regular appointments with the behaviour support practitioner, sometimes it might be regular carer training and support from the behaviour support practitioner.

Understanding Restrictive Practices: [regulated-restrictive-practice-guide-rp-20200_0.pdf](#)

Behaviour Assessment Report (BAR)

Using the science of behaviour analysis, we conduct assessments to understand a person's behaviours of concern, and their function (AKA the "why"). A BAR outlines the results of the functional assessment in clinical lingo, that does not need to be read by everyone in detail, but is an explanation of our assessment process. The BAR will be provided as a separate document to the PBSP and provides a comprehensive breakdown of the participants behaviours of concern, and how they were functionally assessed, including an overview of assessments and contributors. To understand the context for the recommendations provided in the PBSP in detail, please refer to the BAR.



Positive Behaviour Support Plan (PBSP)

The PBSP is essentially the support guide for the participant's team. A simple overview of their behaviours of concern, however the focus is on understanding the participant's setting events/triggers and the function of their behaviours. Support strategies are recommended based on the functions of BOC's identified in the BAR. Skills will also be identified that need to be developed to reduce BOC's in the short term, as well as in longer term.

Both the BAR and PBSP are subject to regular review and should be expected to be updated regularly to ensure fidelity and social relevance for the participant.

Understanding my Provider

Due to the complexity and risk to participants who engage in behaviours of concern, and the use of restrictive practices the NDIS strictly governs who can practice as a behaviour support practitioner. A behaviour support practitioner must apply and be deemed suitable by the NDIS Commission and assigned a practice level (there are 4 levels). Junior or "Core" practitioners must have their work signed off by a supervisor. And even Advanced practitioners are still obligated to engage in regular supervision as part of maintaining their registration.

In addition to the behaviour support practitioner being individually registered, they must also work with or for a provider registered for implementing specialist behaviour support services. The process to get registered in this provider category is extensive and requires ongoing audits. For individual practitioners who wish to work independently, and not as an employee of a registered provider, they have the option of sub-contracting through a provider

registered for specialist behaviour support. As a sole trader, or small company, the cost of registering for behaviour support is restrictive, and therefore contracting is often the best option.

Your registered practitioner is: Ashlee de Rooy or Danieka Marollas, who are the Directors and Principal Practitioners of Bloom Behaviour Consulting Pty Ltd (which is not registered as a specialist behaviour support provider).

Your registered provider is: will be provided with your service agreement.

In the service agreement you will be provided additional details for the Principal of the contracting provider. You should only need to contact them if you have any concerns or complaints to make about your support that you don't want to discuss with your practitioner. If you have any questions about the structure of your service provider, please reach out to your practitioner at any time for further information. The key point to take away, is that your behaviour support practitioner is NDIS registered to provide specialist behaviour support and bill under Improved Relationships funding.

