



**NDIS Quality  
and Safeguards  
Commission**

# What is positive behaviour support?

**Easy Read fact sheet**



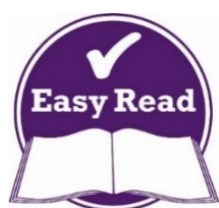
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## How to use this fact sheet



The NDIS Quality and Safeguards Commission (NDIS Commission) wrote this fact sheet.

When you see the word 'we', it means the NDIS Commission.



We wrote this fact sheet in an easy to read way.

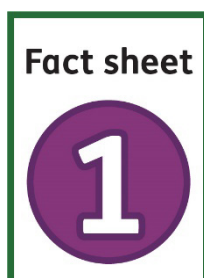
We use pictures to explain some ideas.

**Bold**  
Not bold

We have written some words in **bold**.

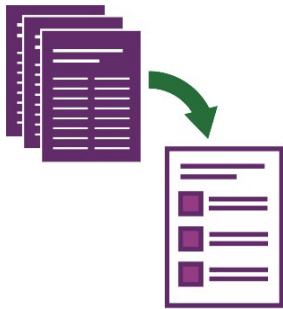
This means the letters are thicker and darker.

We explain what these words mean.



We wrote 5 fact sheets about behaviour support.

This is fact sheet 1.



This Easy Read fact sheet is a summary of another fact sheet.

This means it only includes the most important information.



You can find the other fact sheet on our website.

[www.ndiscommission.gov.au/participants/incidents-and-behaviour-support/understanding-behaviour-support-and-restrictive-practices](http://www.ndiscommission.gov.au/participants/incidents-and-behaviour-support/understanding-behaviour-support-and-restrictive-practices)



You can ask for help to read this fact sheet.

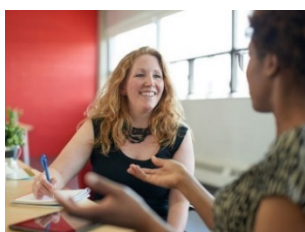
A friend, family member or support person may be able to help you.

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## What is positive behaviour support?

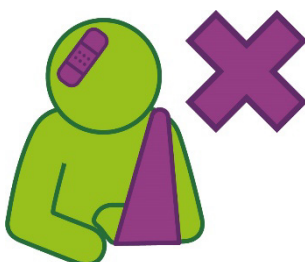


**Positive behaviour support** aims to help you live your best life.



Positive behaviour support helps people:

- understand your behaviour
- meet your needs
- provide the right support to you.



Positive behaviour support does not hurt you.



We also sometimes call it specialist behaviour support.



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## How can behaviour support help you?

Behaviour support helps you:



- get support that meets your needs



- have choice and control in your life



- take part in your community



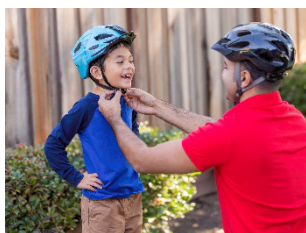
- get along with other people.

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It also helps you:

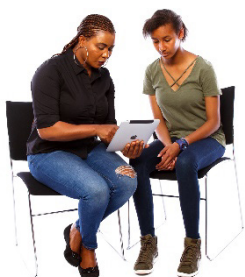


- learn new skills and ways to cope



- be safe.

## How does behaviour support work?



**Specialist behaviour support providers** are people or services that deliver positive behaviour support.

We also call them behaviour support providers.



Behaviour support providers will write a behaviour support plan with you.

We explain behaviour support plans in the next section.



They will help other people use the plan.



They will also check that the plan is working.

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Our other fact sheets have more information about:



- how you can find a behaviour support provider near you



- what you can expect from your behaviour support provider.



## What is a behaviour support plan?



There are two types of behaviour support plans.



One plan focuses on keeping everyone safe in the short term.

We call this an Interim Behaviour Support Plan.



The other type of plan explains:

- why your behaviour happens
- how other people can meet your needs.

We call this a Comprehensive Behaviour Support Plan.



Your behaviour support provider will write your behaviour support plan with:

- you
- your family
- other people who support you.

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Behaviour support plans include ways to:



- help you have a good life



- meet your needs



- keep you and others safe



- make things better.

## What are restrictive practices?



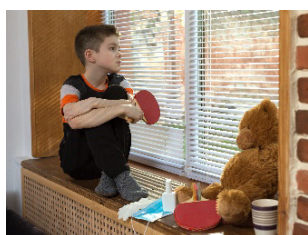
Sometimes behaviour support plans include **restrictive practices**.

They do this to help keep everyone safe.



Restrictive practices can help:

- stop behaviour
- change behaviour.



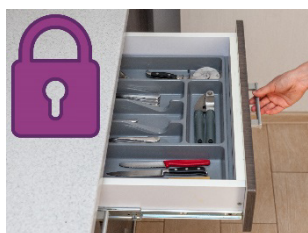
They can also stop you from:

- going places
- doing what you want.

For example:



- using a helmet if you are hitting your head



- locking away sharp things, like knives.



Restrictive practices can also take away your **rights**.



Rights are rules about how everyone should be treated.



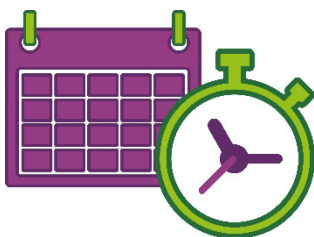
There are rules about the use of restrictive practices.

These rules help protect your rights.

For example, restrictive practices must only be used:



- after trying other things first



- for the shortest time possible.



**Registered** providers must follow these rules.

This means we have checked them.



You can find more information about restrictive practices on our website.



You can find an Easy Read version of our Restrictive Practices guide on our website.

[www.ndiscommission.gov.au/resources/language-and-formats/easy-read-information#paragraph-id-5140](http://www.ndiscommission.gov.au/resources/language-and-formats/easy-read-information#paragraph-id-5140)



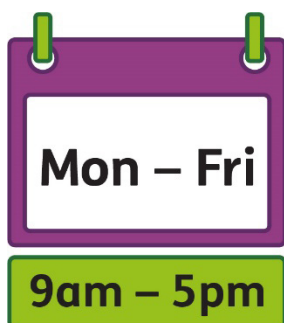
We also wrote an Easy Read guide about using restrictive practices with children and young people.

You can find it on our website.

[www.ndiscommission.gov.au/providers/understanding-behaviour-support-and-restrictive-practices-providers#paragraph-id-2730](http://www.ndiscommission.gov.au/providers/understanding-behaviour-support-and-restrictive-practices-providers#paragraph-id-2730)

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## Contact us



You can call us from 9am to 5pm,  
Monday to Friday.

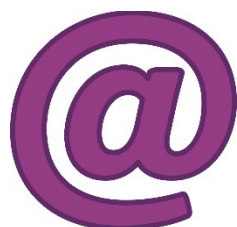


If you live in the Northern Territory, you can  
call us from 9am to 4.30pm.



You can call us.

**1800 035 544**



You can send us an email.

[contactcentre@ndiscommission.gov.au](mailto:contactcentre@ndiscommission.gov.au)





You can write to us.

NDIS Quality and Safeguards Commission

PO Box 210

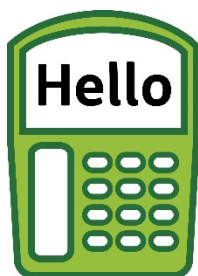
Penrith

NSW 2750



You can go to our website.

[www.ndiscommission.gov.au](http://www.ndiscommission.gov.au)



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