



**Disability services. Putting you first.**

# Positive Behaviour Support



It is written in an easy to understand way.

We use pictures to explain things.





## What is in this Policy?.....2



## What is positive behaviour support?.....3



## What is a restrictive practice?.....6



**This is where**



**What is Positive Behaviour  
Support?**



**Starts**



## What is Positive Behaviour Support?



Positive Behaviour Support is when Aruma wants to help you with your behaviour.



You may do things that are a problem for you or others. These things are called challenging behaviours or behaviours of concern.





**What can Aruma do to help me?**



Talk to you and people who are close to you.



Find out what you like and do not like.



Try to help you have a good life.



Contact an advocacy service.

They will make sure you are listened to.



## What if that does not work for me?



The manager may ask a behaviour support practitioner to help.



## What is a behaviour support practitioner ?



A trained person like a doctor who helps people.



## What will the behaviour support practitioner do?



A behaviour support practitioner will meet you and ask you some questions about your behaviour.

They will write a plan to help you with your behaviour.



They will ask you, your supporters and Aruma questions to help write the plan.

If it contains a restrictive practice Aruma will make a report to the NDIS Commission.





**What is a restrictive practice?**



**Starts**





## What is a restrictive practice?



When you are stopped from going somewhere or doing something to keep you and others safe.



The NDIS have rules about restrictive practices.

The rules say there are 5 types of restrictive practices

1. Seclusion
2. Chemical restraint
3. Mechanical restraint
4. Physical restraint
5. Environmental restraint



## Can Aruma staff use restrictive practices without consent?



No. NDIS Rules say Aruma needs consent to use restrictive practices.



Aruma must get consent from people who support you, or a guardian. They can say yes or no.

There are different rules for consent. Aruma will follow the rules for the state you live in.



## When can a restrictive practice be used in New South Wales?



When a group of people called the Restricted Practice Authorisation Panel say it can.



## When can a restrictive practice be used in Queensland?



When part of the government called Disability Connect or the Public Guardian say so.



**When can a restrictive practice be used in Victoria?**



Aruma has an Authorised Program Officer.

They will make sure that only the right restricted practices are used.



**When can a restrictive practice be used in the Australian Capital Territory?**



When a group of people called the Central Panel say it can.



## What happens after Aruma get approval to use a restrictive practice?



Aruma staff will report each time they use a restrictive practice to the NDIS Commission.

The Commission makes sure NDIS providers are doing a good job.



## What are Aruma staff never allowed to do?



Hurt you or be mean to you.

Take away your food, water or clothes.

Not let you see people like your family.



## How long can a restrictive practice be used for?



Only until it is no longer needed.  
Aruma staff will keep checking to see if it needed.



## What if I'm not happy about how Aruma uses restrictive practices?



You can make a complaint about restrictive practices to the NDIS Commission.

- Call 1800 035 544
- Go to this website

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