

Positive Behaviour Support & the NDIS

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What we'll be covering

- > What is Positive Behaviour Support
 - > Who can benefit from PBS
- > Restrictive practices
- > NDIS Commission and Behaviour Support
 - > Who can deliver PBS
- > Challenging behaviours and the assessment process
- > Developing strategies and implementing a PBS plan
 - > How to get PBS into your NDIS plan
 - > Required funding



The Everyday Way

- > Everyday Independence delivers services under the social model of disability, or what we like to call, 'The Everyday Way'.
- > People are disabled by barriers in society, not by their impairment or difference.
- > Everyday Independence is committed to delivering an Evidence Based Social Model of service delivery that focuses on a person's right to fully participate in home and community life; however, that looks like for the person that we supporting.



What is Positive Behaviour Support (PBS)?

- > Sometimes a person living with a disability responds to their environment or communicates their needs by using behaviours that challenge.
- > PBS is a person-centred therapy approach that involves working closely with the person with a disability and their supports, to understand what triggers their challenging behaviours, so that the best strategies can be provided to reduce and/ or eliminate those behaviours and any associated restrictive practices.



Restrictive Practices and the NDIS Commission



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Restrictive practices

- > In August 2021, there were 2,800 unauthorised restrictions on those living with disability per day. This is a 70% increase from FY19-20.
- > Over 700,000 of these were chemical restraints

[Source: NDIS Quality and Safeguards Commission Annual Report 2020 – 2021]

Restrictive Practice Authorisation Process and Stakeholders



Challenging Behaviours



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Challenging behaviours

- > These are behaviours that are unexpected and may lead to others around the person feeling frustrated, distressed or fearful.
- > This can look like the person damaging things around them, behaving in ways that are viewed by others as socially inappropriate, hurting themselves or others.

Understanding why challenging behaviours occur



Environmental factors influencing behaviour

There are 4 environmental factors which can trigger a behaviour. These can be learnt responses or a reaction from a person to the environment around them.

Tangible

Access to tangibles is reinforced by an individual engaging in behaviour to gain access to something physical.

Escape

Any behaviour that primarily happens to avoid, delay, or end something unpleasant.

Sensory

Sensory-seeking behaviour is a term used to describe a large class of responses that occur to meet a sensory need.

Interaction

Attention or interaction behaviour is to act in a way that is likely to elicit attention, usually validation from others.

Other factors determining behaviour

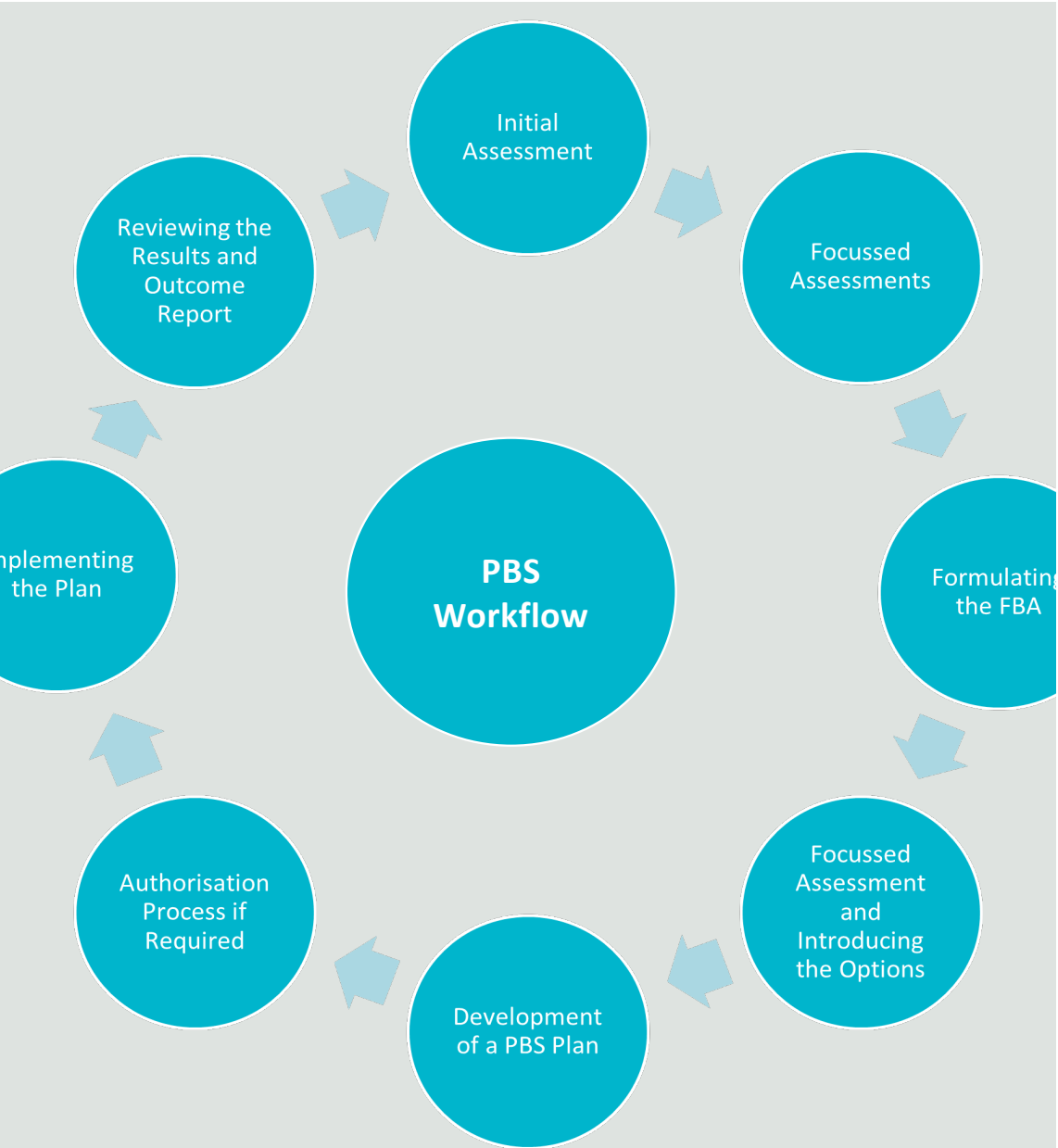
Triggers

Events that happen just before the behaviour and seem to push it to happen.

Setting events

Prior events or conditions, internal or external to the individual, that influence the probability and form of behaviour presented by the individual.

Behaviour Support Practitioners at Everyday Independence



Developing strategies and implementing PBS plan

Under a NDIS plan, we utilise funding under **Improved Relationships** to deliver behaviour support services which includes:

- Preventative strategies
- Reactive Strategies
- Functionally Equivalent Replacement Behaviours, etc.

Everyday Independence Behaviour Support Team



Behaviour Support Practitioners



Interdisciplinary Team



Administrative Support



Individual's Support Team
Network

How can PBS make a difference?



Reduce or eliminate
restrictive practices



Creates an enabled
environments for
the person and
their supports



Develop new life
habits and skills



Creates
opportunities for
skill building and
social
connectedness

A photograph of four people walking along a paved path outdoors. From left to right: a woman in a white top and jeans, a woman in a black top and pants, a woman in a black top and brown pants, and a man in a blue polo shirt and black pants. They are all smiling and holding coffee cups. The background is filled with lush green plants and trees.

Thank you