



POSITIVE BEHAVIOUR SUPPORT

WHAT IS POSITIVE BEHAVIOUR SUPPORT?

- Helps you have a good quality of life
- Is a proven way of understanding and changing behaviour
- Focuses on you and the people around you
- Values and protects your rights
- Guides people about how to best support you
- Makes changes to the environment so that it meets your needs
- Helps to put in place the right supports at the right times and places
- Does not use punishment or strategies that can hurt you.

WHAT'S INVOLVED?



You can get positive behaviour support from a specialist behaviour support provider.

Specialist behaviour support providers will work closely with you and the people around you to:

- Write a behaviour support plan
- Put the behaviour support plan into action
- Check to make sure that things are getting better over time.



WHAT IS A BEHAVIOUR SUPPORT PLAN?

There are 2 types of behaviour support plans:

- An Interim Behaviour Support Plan, or a Risk Management Plan. It focuses on safety in the short term while an assessment is completed and a Comprehensive Behaviour Support Plan is developed with you.
- A Comprehensive Behaviour Support Plan. It is based on assessment and an understanding of what is happening and why. It uses proactive strategies to meet your needs, teach skills and make lasting positive change.

BEHAVIOUR SUPPORT PLANS

- are written with you and other people who support you.
- include ways to help you, meet your needs and change things for the better.
- describe any behaviours of concern. Behaviours of concern are actions that might not be safe for you or other people. For example, hitting yourself or others
- help people understand the reasons for your behaviour
- teach you and the people who support you, new skills and how to do things differently
- help you have a good life
- have steps to follow to keep you and other people safe
- sometimes include the use of restrictive practices.



We rise to great heights
by a winding staircase
of small steps.

HOW CAN BEHAVIOUR SUPPORT HELP YOU?

Positive behaviour support aims to make things better so you can:

- have a good quality of life
- get support that meets your needs and helps you achieve your goals
- be supported by people who are well-trained and know the best ways to help you
- get along with others and build strong, long-lasting relationships
- have choice and control in your life
- learn new skills and ways to cope when things are hard
- try new things and be a part of your community
- be safe and have your needs and behaviour better understood by others
- have less or no restrictive practices in your life.

WHAT IS A RESTRICTIVE PRACTICE?

- Restrictive practices are sometimes used to help keep you and other people safe. They should only be used as the last option and for the shortest time possible.
- For example, sharp objects may be locked away to stop you from hurting yourself or others.



- Restrictive practices are used to help stop or change your behaviour. They can stop you from going places and doing what you want. They can, and do, take away your human rights.
- There are rules about the use of restrictive practices. Providers must follow these rules. These rules are set in law.
- Positive behaviour support aims to help lessen and remove the use of restrictive practices.



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