

Summary

Life Without Barriers (LWB) takes a proactive, positive approach to implementing behaviour support for adults, children and young people receiving services under the National Disability Insurance Scheme (NDIS).

We are fully committed to implementing the Positive Behaviour Support (PBS) Framework, which comprises a set of evidence-based strategies aimed at enhancing the quality of life and reducing the frequency and intensity of behaviours of concern. This is achieved by introducing and supporting new skills and changing the person's environment.

Who should read this document?

All staff, volunteers, and contractors working with people receiving support under the NDIS, the people we support, any authorised decision-makers and/or support network members.

What is our aim?

At LWB, we are dedicated to understanding the person's environment and collaborating with everyone in that environment to create effective strategies for promoting positive social and communication skills. We acknowledge that every individual's behaviour serves a purpose and each person's situation is unique and complex. Therefore, we believe support strategies must be individualised to enhance each person's quality of life and uphold their human rights.

The use of Restrictive Practices will be informed by the [National Framework for Reducing and Eliminating the Use of Restrictive Practices in the Disability Service Sector](#).

When implementing Positive Behaviour Support approaches and Restrictive Practices (RPs), LWB will:

- Promote and safeguard the human rights and dignity of the people we support.
- Empower the people we support by respecting their autonomy, choice, and control.
- Involve people we support in decision-making about the support they receive.
- Ensure that all interventions are evidence-based, person-centred, trauma-informed, and designed to support the person in achieving their goals and aspirations.
- Reduce and eliminate the use of Restrictive Practices (RPs), ensuring the use of these practices is the least restrictive option to mitigate risks of harm to the person or others.

When implementing Positive Behaviour Support approaches with children and young people, LWB will:

- Ensure practice aligns with Therapeutic Crisis Intervention (TCI) and CARE principles.
- Emphasise relationships to guide our interactions with young people and their families.

This policy guideline aligns with the NDIS Quality and Safeguards Commission (NDISQ) [NDIS Practice Standards and Quality Indicators](#).

Our practice reflects the policy when delivering support to children and young people within foster care, residential care and aftercare services, and adults in Disability and Mental Health Services.

Building knowledge and skills

LWB will offer individualised support to the people we support and build the skills of our staff to match the requirements of the people they work with.

Our workforce development approach is based on the Positive Behaviour Support Pyramid Model. Our staff will be trained and supported to achieve the required learning outcomes for effective individual support.



Universal Supports	<ul style="list-style-type: none"> • Develop positive and responsive relationships with the people we support. • Understand that all behaviour is communicative. • Effectively identify behaviours of concern and restrictive practices. • Maintain high quality environments that enrich the quality of life for the people we support. • Understand and comply with the NDIS Restrictive Practices and Behaviour Support Rules 2018, and State/Territory-based requirements relating to Restrictive Practices.
Targeted Supports	<ul style="list-style-type: none"> • Identify changes in the behaviour of people we support. • Support the engagement of appropriately qualified professionals to assess the needs of the people we support. • Assist in building the capacity and skills of the person to reduce the intensity and frequency of their behaviours of concern.
Intensive Supports	<ul style="list-style-type: none"> • Support the development and ongoing review of Positive Behaviour Support Plans (PBSP). • Undertake training delivered by the person’s Behaviour Support Practitioner and consistently apply individualised Positive Behaviour Support strategies outlined in their PBSP.

Positive Behaviour Support

Life Without Barriers will:

- Involve the person and their family or supporters in implementing Positive Behaviour Support Plans, ensuring that their human rights are respected and upheld.
- Use an evidence-based approach to address a person's needs, including functional behaviour assessments, Positive Behaviour Support Plans, and skill-building interventions.
- Only implement recommended positive behaviour support strategies where there is a consensus about their safety between LWB, the person, and their Behaviour Support Practitioner.
- Ensure staff, volunteers, and contractors receive appropriate training in using positive behaviour support strategies, emphasising, promoting, and protecting the human rights of the people we support.

Restrictive Practices

Life Without Barriers will:

- Use the least restrictive form of support necessary to mitigate any risk of harm, ensuring that the person's human rights are respected and upheld.
- Only use restrictive practices as per the person's Positive Behaviour Support Plan and/or as a last resort in situations where there is an immediate risk of harm to the person or others.
- Support people with a focus on person-centred skill development to reduce and eliminate the use of restrictive practices.
- Ensure that any use of restrictive practices is consistent with relevant legislation, regulations, and guidelines.
- Record and report any use of restrictive practices in accordance with our organisation's incident reporting procedures.
- Regularly review and monitor the use of restrictive practices to ensure they are minimised and used appropriately.

Related Legislation

[United Nations Convention on the Rights of Persons with Disabilities \(ratified by Australia in 2008\)](#)

[National Disability Insurance Scheme Act 2013](#)

[NDIS \(Restrictive Practices and Behaviour Support\) Rules 2018](#)