Learn about positive behaviour support

Support workers and health professionals sometimes need to help a person with disability change their behaviour. This could be:

- to help keep the person with disability safe
- to make the work place safe.

This resource made by the NDIS Commission is about practices support teams use to try to change behaviour. It says what practices are:

- good to use
- sometimes ok to use if you follow the rules carefully
- never ok to use.

Positive behaviour support is the best way to help someone change their behaviour

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Positive behaviour support respects human rights and is based on evidence.

This approach can include things like:

- sharing new skills
- changing the place where the person lives
- helping the support team
- making a plan.

Restrictive practices should be a last resort

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Restrictive practices are actions that may keep people safe in the short term. But these actions do not:

- help people change their behaviour
- meet people's needs or make lives better
- help support teams understand why someone acts as they do
- respect human rights.

The resource explains the rules about restrictive practices. These rules are serious.

High risk practices should never be used

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Some practices place people with disability at a high risk of harm. This harm can include serious long term physical or mental injury and death.

These practices should never be used.

We trust this resource

We trust this resource because it is:

- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

This resource was made by

NDIS Commission

The NDIS

NDIS stands for **National Disability Insurance Scheme.** It is an Australian government program that provides funding and support to people with a permanent and significant disability so they can live more independently and achieve their goals.

Commission registers and regulates NDIS providers. The Commission works with people with disability to improve the quality and safety of their NDIS supports and services. It is sometimes called the NDIS Quality and Safeguards Commission.

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