



Easy Read

Behaviour Support and Restrictive Practices Policy

★ What this policy is about

Sometimes people need extra help when their behaviour puts them or others at risk ⚠️.

A **Behaviour of concern** 😞 is actions that may hurt you or others a.

A **restrictive practice** is when someone's **rights** ⚖️ or **freedom** 🕊️ are limited to keep them safe 🛡️.

Restrictive practices can only be used:

- ✓ As a **last resort** 🛑
- ✓ For the **shortest time possible** ⌚
- ✓ With the **right approvals** 📄

✗ What is a restrictive practice?

Examples include:

- 🔒 Locked doors 🚪 or cupboards 🗄️
- 🕒 Time-out ⌚ or seclusion 🚪
- 👤 Holding someone to stop them moving 🖐️
- 💊 Giving medicine 🩺 to control behaviour (not for health)





















👤 Who helps with behaviour support?

A **Positive Behaviour Support (PBS) Practitioner** 👤 :









- 👤 Works with you and your team 👥
- 🔍 Looks at safe, positive ways ✓ to support behaviour

-  Writes a **Behaviour Support Plan** 
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What we do at Soaring Sparrows

-  Check if a restrictive practice or behaviour of concern is happening
 -  Make sure you have **funding**  for a **PBS practitioner** and help you **apply**   for more funding   if you need it .
 -  Tell a PBS practitioner right away 
 -  Work with the PBS practitioner, family , and you 
 -  While waiting for a PBS practitioner:
 -  Use safe, positive supports 
 -  Record what happens in files 
 -  Keep you safe and respected 
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Our promise


-  Always try **positive strategies first** 
 -  Never use restrictive practices unless approved 
 -  Follow your **Behaviour Support Plan** closely
 -  Review often to see if restrictions can be reduced  or removed 
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Who to talk to

If you are worried  about restrictive practices, contact:

Director: Kathryn Soar


 Email: KathrynS@soaringsparrows.com.au

 Phone: 0431 753 950

Or you can contact:

- **NDIS Commission**

 1800 035 544 |  www.ndiscommission.gov.au

 This is your Easy Read guide to Restrictive Practices and Behaviour Support.

If you want the **full policy**, please ask us  .