



# Policy Guidance: The safe reduction and elimination of regulated restrictive practices

This document outlines the NDIS Commissioner's expectations of NDIS providers when reducing and eliminating regulated restrictive practices to ensure this occurs in a safe and competent manner with care and skill. These expectations are consistent with good practice and the legislative requirements as set out in the [NDIS Act 2013](#) and associated Rules.

This document furthers the [Policy Guidance: Developing Behaviour Support Plans](#) and acknowledges that studies have shown that high quality behaviour support plans are associated with a reduction in the use of restrictive practices.

## Expectations

In reducing and eliminating regulated restrictive practices (RRPs), NDIS providers should:

1. Carefully consider and apply the definitions of regulated restrictive practices and the conditions of use as outlined in the [NDIS \(Restrictive Practices and Behaviour Support\) Rules 2018](#).
2. Work in collaboration with the person with disability, their family, other providers and relevant specialists to ensure a coordinated approach.
3. Ensure proactive and person-centred strategies are implemented to meet the person's needs and increase quality of life. This includes making changes within the environment and providing opportunities for the person to participate in community activities and develop new skills.
4. Foster environments that respect the person's needs and choices, while ensuring safety.
5. Develop, implement and review plans and strategies to minimise and manage risks to the person and others.
6. Take an evidence-informed approach, based on data.
7. Ensure behaviour support plans contain a graduated, step by step process to reduce and eliminate regulated restrictive practices that can be implemented, monitored and evaluated.
8. Build workers' capabilities to meet the person's needs and implement high quality and person-centred behaviour support.
9. Demonstrate leadership and organisational commitment to promoting and upholding the rights of people with disability and using least restrictive alternatives.
10. Implement quality management systems that promote a culture of continuous improvement through activities such as supervision, debriefing, reflective practice and practice reviews - which are documented.

The above expectations are additional to the requirement that any [high risk practices](#) presenting an unacceptable risk of harm to participants should be ceased immediately and replaced by least restrictive alternatives.

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## Resources

- [Policy Guidelines: Developing Behaviour Support Plans](#) – this outlines the NDIS Commissioner’s expectations when developing behaviour support plans that contain regulated restrictive practices.
- [NEW Interim and Comprehensive Behaviour Support Plan templates](#) – the revised BSP templates (V3.0) reflect contemporary evidence-informed practice and were informed by consultation with people with disability, family members, practitioners, providers, peak bodies and the state and territory restrictive practice authorisation bodies.
- [Regulated Restrictive Practices Summary and Protocols](#) – this represents the revised regulated restrictive practice protocol component of a behaviour support plan. It replaces the existing protocols in the NDIS Commission’s behaviour support plan templates.
- [Interim and Comprehensive Behaviour Support Plan Checklists](#) – tools that outline good practice and the requirements when developing behaviour support plans.
- [Evidence Matters: Developing Quality Behaviour Support Plans](#) – a literature summary by University of Queensland and funded by the NDIS Commission.
- [Practices that present high risk of harm to NDIS participants: Position Statement](#) – outlines practices that present an unacceptable risk of harm to participants and must not be used by registered and unregistered NDIS providers.
- [Practice Guides around restrictive practices](#)
- [Evidence Matters: Organisation approaches to reducing restrictive practices](#)
- [Deciding With Support](#) – a supported decision making toolkit designed for behaviour support developed by Flinders University and funded by the NDIS Commission
- [Positive Behaviour Support Capability Framework](#) – outlines the knowledge and skills required to deliver contemporary, evidence-informed behaviour support and is used to consider a practitioner’s suitability.
- [NDIS Workforce Capability Framework](#) – describes the attitudes, skills and knowledge expected of all workers funded the NDIS and a range of practical examples and resources.
- [National Framework for Reducing and Eliminating the Use of Restrictive Practices in the Disability Service Sector](#)

## Legislative linkages

This document is in furtherance of the Commissioner’s functions as set out in sections 181E, F and H of the [NDIS Act 2013](#), and the requirements as outlined in the [NDIS Code of Conduct](#), [NDIS \(Provider Registration and Practice Standards\) Rules 2018](#) and part 3 of the [NDIS \(Restrictive Practices and Behaviour Support\) Rules 2018](#).