



Restrictive Practices and Me: Tip sheet for behaviour support practitioners and NDIS providers

When using Restrictive Practices and Me:

- A person-centred approach **must** be used.

The discussion books can, and should, be changed to meet the person's communication needs and preferences.

For example, some icons (such as the risk image) may be too abstract. Instead you may need to substitute them with photographs, or specific symbol sets that are clearer for the person.

- The resources were created in word so that they can be easily changed.
- Consider what the person needs to support their understanding and communication. For example, they might communicate verbally or nonverbally through gestures, sign language, facial expressions or vocalisations.
- Consider the person's accessibility needs.
- Some people might find the **Read Aloud** function helpful. This can be found in the review tab of Microsoft Word 365. It can be used to read parts, or all, of the document aloud.
- Tables have been used to align images with text. For example, in the Easy Read book. This may not be accessible for all types of screen readers. Some people may need the documents converted to an accessible PDF.
- Consider who should be a part of the conversation about restrictive practices.
- Some people may choose to have a support person present. This choice should **always** be respected.
- Involving trusted people can help the person feel safe, understand what is being shared and get the most out of the discussion.
- It is important to talk openly and listen actively. This can help to find other ways to meet the person's needs and reduce the use of restrictive practices.

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- Talking about restrictive practices can be hard. Consider how the person feels and their needs during and after these conversations. Their safety and wellbeing should come first.
 - It is important to acknowledge that this may not be a one-time conversation but several discussions over time.
 - Consider the best place to use the discussion books. It should be somewhere safe, comfortable and maintain the person's dignity and privacy.
 - Information from these discussions should be used to help create the person's BSP.

Other helpful resources

- [Participant Fact Sheets for Behaviour Support \(www.ndiscommission.gov.au\)](http://www.ndiscommission.gov.au)
- [Regulated Restrictive Practice Guide – Easy Read \(www.ndiscommission.gov.au\)](http://www.ndiscommission.gov.au)
- [Regulated Restrictive Practices with Children and Young People – Easy Read \(ndiscommission.gov.au\)](http://ndiscommission.gov.au)
- [Deciding With Support Toolkit \(flinders.edu.au\)](http://flinders.edu.au)
- [Restrictive Practice Activity Cards \(waindividualisedservices.org.au\)](http://waindividualisedservices.org.au)
- [Your Service, Your Rights: conversation cards \(inclusionaustralia.org.au\)](http://inclusionaustralia.org.au)
- [Model Statements and Visual Tools \(www.families.qld.gov.au\)](http://www.families.qld.gov.au)
- [The Right Direction \(therightdirectionpbs.com\)](http://therightdirectionpbs.com)