

# Behaviour Support and the NDIS

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# Introduction & Overview

- NDIS Mental Health Officer
  - Psychology, NDIS Support Worker, Support Coordination background
- An overview of Positive Behaviour Support (PBS) and its objectives, potential outcomes
- Case examples in the use of PBS
- How to request/increase Behaviour Support funding in an NDIS Plan
- Where to find registered NDIS Behaviour Support providers
- Questions for families to ask when searching for an NDIS provider
- Resources for additional information and support

# PBS

- Evidence based approach
- Primary goal: ↑ quality of life
- Secondary goal: ↓ severity and frequency of behaviours
- Collaboration between stakeholders
- Modifications of environment
- New skills and coping strategies

# Effective PBS

- Proactiveness, opportunities for collaboration with other stakeholders (e.g. families, clinicians, teachers)
- Information gathering to address unknown triggers
- Contemporary attitudes: strengths-based, person-centred, evidence-based methods to involve the person with a disability in planning
- Specialised guidance in methods of responding to behaviours, appropriate boundaries, consistency and consequences

## [Regulated restrictive practices](#)

## [Regulated restrictive practices with children and young people with disability: Practice guide](#)

## [Incident management and reportable incidents \(NDIS providers\)](#)

- Some circumstances where RPs are necessary *as a last resort* to manage risk and promote safety when less restrictive options aren't available, but should be part of a BSP
- Risk assessment before RP considered
- Seek advice from [NDIS Commission](#) if unsure about RPs

## Regulated restrictive practices

- 16 year old Daniel (ID)
  - 2:1 support ratio → 1:1
  - BoC: biting and hitting
  - ↑ positive relationships, emotional wellbeing, understanding triggers
  - Collaboration of stakeholders
- 8 year old Samira (ID + Sensory Processing Disorder)
  - *See full version in regulated restrictive practices guide*
  - Helmet – mechanical restraint part of BSP
  - Fade out approach
  - ↑ communication skills, needs met

# Requesting PBS in an NDIS Plan

1. Collect evidence of need for PBS and behaviours + articulate Goal. Behaviours → daily life, safety, participation in activities, if RPs used
2. [Change of Situation form](#) + [Third Party Consent form](#) if submitting on behalf of a participant
3. Contact the Support Coordinator to help with submission (if funded in the NDIS Plan) or call the NDIA directly on 1800 800 110 or send the completed forms to [enquiries@ndis.gov.au](mailto:enquiries@ndis.gov.au)
4. NDIS will then approve or decline the request. See Types of NDIS Reviews document provided after webinar for next steps if declined

## Capacity Building Supports

## Budget

### Improved Relationships (CB Relationships)

\$8,168.00

Funding to develop and implement a Behaviour Support Plan to address the underlying reasons for behaviours of concern using a range of evidence-based, person-centred and proactive strategies. Training of family and support staff in implementation and reviews of plan.

### My Stated Supports funding will be:

- \$3,879.80 Self-managed  
Behaviour Management Plan Incl. Training In  
Behaviour Management Strategies
- \$4,288.20 Self-managed  
Specialist Behavioural Intervention Support



# Working with CALD Families

- Explain purpose and role of Behaviour Clinician, functions of service
- Inclusive framework to ↑ access and attendance
- Language barrier – consider interpreter
- See [Positive Partnerships website](#) for some NDIS resources in other languages
- [TIS National](#) (131 450)
  - FREE for NDIS participants and carers

# How to Request Increase to PBS Funding

- NDIS is evidence-based
- Track and document progress achieved with current funding
- Address R&N (Section 34 NDIS Act) in support letter:
  1. The support will assist a participant to reach the goals and aspirations outlined in their participant statement.
  2. The support will facilitate the participant's social and economic participation.
  3. The support represents value for money, relative to benefits achieved and costs of alternative supports
  4. The support is considered good practice and is likely to be beneficial to the participant
  5. The support takes into account what is reasonable for parents, carers, informal networks and the community to provide
  6. The support is most appropriately funded through the National Disability Insurance Scheme.
- Specify potential risks if support not funded, perhaps link to [Disability Advocate](#)

## Questions for families to ask providers:

1. Experience: disability, age, complexity
2. Time and location of support
3. Goal(s) to work on – specialisation?
4. Language/cultural awareness
5. Wait times
6. Feedback pathways

[Choosing My Team PDF](#)

## Where to Find Registered PBS Providers

- [NDIS Provider Finder](#) – can download list as spreadsheet or PDF
- Contact Support Coordinator (if funded in Plan) or speak with Local Area Coordinator (LAC)
  - [Click here](#) to find LAC in your area
- [Infoquore directory](#)

# Restrictive Practices: Support & Contacts

## NDIS Quality and Safeguards Commission

- [nswbehavioursupport@ndiscommission.gov.au](mailto:nswbehavioursupport@ndiscommission.gov.au)
- 1800 035 544
- Concerns about NDIS Providers (for adults and children)

## Ageing and Disability Commission

- Adults
- [nswadc@adc.nsw.gov.au](mailto:nswadc@adc.nsw.gov.au)
- 1800 628 221
- Support to make a report if there is risk/concern about abuse, neglect and exploitation of an adult with disability caused by a family member, partner, neighbour or someone else they know in their community

# Additional Resources

- [An introduction to PBS video](#)
- [Journal of Mental Health for Children and Adolescents with Intellectual and Developmental Disabilities: An Educational Resource](#)  
Highlights include:
  - *Are we nearly there? Caring for a child with intellectual or developmental disabilities: a roadmap from a developmental psychiatrist* by Dr David Dossetor
  - An interview with Emeritus Professor Patricia O'Brien
  - *The Medicine Cabinet: Storage of Medication at home and school* by Judy Longworth
  - *The role of attachment in Autism Spectrum Disorder: A case study on attachment and its impact on behaviour* by Dr Linda Tran
- [Team DSC: easy to understand NDIS updates](#)
- [Understanding Behaviour Support Practice Guide: Young Children \(0–8 years\) with Developmental Delay and Disability guide](#)
- [Understanding Behaviour Support Practice Guide: Children and Young People \(9–18 years\) with Disability guide](#)

# References

- Dew, A., Jones, A., Horvat, K., Cumming, T., Dillon Savage, I., & Dowse, L. (2017). Understanding Behaviour Support Practice: Young Children (0–8 years) with Developmental Delay and Disability. UNSW Sydney
- Wolkorte, R., van Houwelingen, I., & Kroezen, M. (2019). Challenging behaviours: Views and preferences of people with intellectual disabilities. *Journal Of Applied Research In Intellectual Disabilities*, 32(6), 1421-1427. doi: 10.1111/jar.12631



The Sydney  
children's  
Hospitals Network