

Behaviour Support – Frequently Asked Questions

Welcome to Real Therapy Solutions. We are looking forward to supporting you and your carers through your Improved Relationship funding.

At Real Therapy Solutions we are committed to providing practical support to clients that may experience behaviours of concern. All our Behaviour Support Practitioners are NDIS Registered and receive supervision from one of our experienced Team Leaders.

What is Positive Behaviour Support (PBS)?

PBS is an effective, proven, evidence based and internationally recognised way to address behavioural issues. It focuses on decreasing a person's need to use behaviours of concern by developing their skills and adjusting their environment.

What is my Improved Relationships funding for and how is it different from 'Therapy' funding?

Behaviour Support is a service heavily governed by the NDIS. A Behaviour Support service does not usually involve a therapeutic style sessional approach, however in some instances this can be applied. Behaviour support usually involves a practical approach of visiting the person in their environment, working with their supports to develop a written set of strategies within a Behaviour Support Plan.

What is a Behaviour Support Practitioner?

A Behaviour Support Practitioner is someone who has been trained to effectively develop a range of Behaviour Support Plans and complete functional assessment of behaviour. For NDIS participants they are also registered with the Quality and Safeguard Commission

What qualifications does a Behaviour Support Practitioner have?

A Behaviour Support Practitioner must be registered with the NDIS Safeguard and Quality Commission as an NDIS Registered Behaviour Practitioner. They must work for an NDIS registered provider who has been assessed and is currently registered to provide Behaviour Support services.

There are no other formal qualification requirements for a Behaviour Support Practitioner, however they will usually have qualifications in Psychology, Social Work, Occupational Therapy, Behaviour Analysis or other Allied Health qualifications.

The Behaviour Support Practitioners at Real Therapy Solutions undergo an intensive competency-based training program which includes weekly clinical supervision and guidance from one of our experienced Team Leaders - Behaviour Support.

Is it ABA therapy (Applied Behaviour Analysis)?

Not really, although the principles of Positive Behaviour support are very similar to ABA therapy.

What can I expect from Behaviour Support?

Visits, Observations and Training: The Practitioner will organise a number of appointments to gather information about the person, their behaviours and their life. To provide effective behaviour support we need to get to know the person – their likes/ dislikes, medical history, where they live and how they communicate. The Practitioner will usually need to observe the person in their home/ workplace/ school. The Practitioner will

also train everyone working with the person on how to implement the recommendations contained in the Behaviour Intervention Support Plan after it is completed. This will ensure consistency across all environments.

Assessment, Data Collection and Analysis: The Practitioner will need to gather data on the behaviour – how often it occurs and when it occurs. They may ask you to fill in some data sheets for a short period of time to do this in order to make an assessment of why the behaviours are continuing.

Development of a Behaviour Support Plan: The Practitioner will spend an allocated portion of the funding developing your written plan. Depending on the type of behaviours, whether you have a previous plan and whether you have Regulated Restrictive Practices, this can take between 8 to 30 hours. Your Practitioner will give you a guide of how many hours will be required after the first two Information Gathering sessions. In most cases the Practitioner is required to develop a Behaviour Support plan as part of your funding requirements in Improved Relationships – this will be outlined in your Service Agreement.

End Of Therapy Report: Prior to your next meeting with the NDIS to review funding, your Practitioner will develop an End of Therapy report for you to take to the NDIS plan review meeting.

What if I already have a Behaviour Plan? Does the Practitioner need to redo this plan every year? No, unless there have been significant changes in the persons behaviours that would warrant creating a new plan, the Practitioner will undertake a 'Review' of the persons current plan, ensuring that any significant life changes, new behaviours and changes to the recommended strategies contained in the plan maintain effectiveness. Usually they can continue with supports in the form of practical implementation to the person and their carers.

For more information regarding [Positive Behaviour Support](#) and NDIS Quality and Safeguard Commission, click here: [Positive Behaviour Support](#)

For more information regarding [Regulated Restrictive Practices](#) and the NDIS Quality and Safeguard Commission click here: [Regulated Restrictive Practices](#)

We look forward to supporting you and your Behaviour needs at Real Therapy Solutions!