



# Behaviour Support Plan requirements

This information sheet provides guidance about behaviour support plan (BSP) requirements and is part of a series of information sheets that have been developed to help everyone understand the 'Authorisation of Restrictive Practices in Funded Disability Services Policy' (the Policy) that applies in Western Australia from 1 December 2020.

For further detailed information please refer to the [authorisation of restrictive practices](#) website.

## Behaviour Support Plan requirements

Section 4.1 of the 'Procedure guidelines for authorisation of restrictive practices in NDIS funded disability services – Stage two' (Procedure Guidelines) outlines the requirements for BSPs and the process for developing BSPs when restrictive practices are being used or proposed in accordance with the Policy.

An NDIS Behaviour Support Practitioner needs to develop a BSP and include the person with disability, the person's family, carers, guardian, other service providers, and/or other relevant people in the person's life, in developing the BSP.

In developing a BSP, the NDIS Behaviour Support Practitioner must take all reasonable steps to:

- reduce and eliminate the need for the use of regulated restrictive practices in relation to the person with disability
- undertake a behaviour support assessment, including a functional behavioural assessment, of the person with disability
- consider any previous behaviour support assessments and other assessments available
- recommend changes within the environment of the person with disability that may reduce or remove the need for the use of regulated restrictive practices
- state why a less restrictive practice is not possible



## Behaviour Support Plans

- be guided by principles of positive behaviour support in all elements of their practice, including BSP development (to achieve best practice). See the 'Positive behaviour support' information sheet (listed on the [restrictive practices resources](#) page under 'Providers and Behaviour Support Practitioners') for an outline of key elements of positive behaviour support relevant to the implementation of the Policy.

## Consultation during preparation of the BSP

The NDIS Behaviour Support Practitioner needs to work collaboratively and endeavour to engage all key stakeholders in a person's life in order to develop an appropriate understanding of the person's needs as well as the needs of those who support them. In developing a BSP that captures this understanding the practitioner needs to:

- consult with the person with disability to identify their needs and preferences in a calm and supportive environment
- consult with the person with disability's family, carers, guardian and/or other relevant person
- consult with the Implementing Provider who may use the regulated restrictive practice and other relevant specialists.

## BSP content

The BSP needs to include strategies that are evidence-based and person-centred, and that take account of the functions of the behaviour as well as the unmet needs of the person that may be contributing to the behaviour. Supports to address unmet needs should be identified within the BSP. Supports that are well matched to a person's needs have the potential to reduce or eliminate the need for regulated restrictive practices in the future.

## Functional Behaviour Assessment

Functional Behaviour Assessment (FBA) is an important element of positive behaviour support, and a critical step in developing a shared understanding as to the functions of the behaviour and the needs of the person and those around them. The NDIS Quality and Safeguards Commission requires that an FBA be completed as part of comprehensive BSPs. An FBA may not always be complete at the time of finalising an interim BSP, and in cases where an interim BSP is prepared for consideration by a Quality Assurance Panel. See the 'Positive behaviour support' information sheet (listed on the [restrictive practices resources](#) page under 'Providers and Behaviour Support Practitioners') for additional information about FBA.



## Behaviour Support Plans

It is recommended that an FBA addresses the following components:

1. Statement of the referral reason/behaviour of concern and reason for conducting the FBA.
2. Describe information sources/time frames/process used (include dates).
3. Describe strengths and needs of the person and the system/s.
4. Consider each behaviour in relation to assessment information including:
  - description
  - frequency/duration
  - intensity
  - setting events
  - triggers
  - high-risk scenarios
  - low-risk scenarios (exceptions to the problem).
5. Describe understanding of function (hypothesised function) for each behaviour.
6. Formulation statement – links together our understanding of needs and underlying hypotheses for behaviour, within the system.

It is also recommended that information about baseline measures be detailed as part of an FBA.

### Outlining the regulated restrictive practices in BSPs

Section 4.1.2 of the Procedure Guidelines outlines that a BSP must be evidence-based and that any recommended regulated restrictive practices must:

- be clearly identified in the BSP<sup>1</sup>
- be used only as a last resort in response to a risk of harm to the person with disability and/or others, and after the Implementing Provider has explored and applied other evidence-based, person-centred and proactive strategies
- be the least restrictive response possible in the circumstances to ensure the safety of the person and/or others
- consider whether a restrictive practice is the least restrictive, it should be considered within a context of other alternatives that have an evidence base for being effective in addressing the presenting behaviour of concern
- reduce the risk of harm to the person with disability and/or others
- be in proportion to the potential negative consequence or risk of harm

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<sup>1</sup> See appendix 4.1 and 5 of the Procedure Guidelines for example templates that can be used to document a restrictive practice within a BSP



## Behaviour Support Plans

- be used for the shortest possible time to ensure the safety of the person with disability and/or others.

Further information about the consideration and application of these principles can be found in the 'Principles guiding the use of regulated restrictive practices' information sheet (listed on the [restrictive practices resources](#) page under 'Providers and Behaviour Support Practitioners').

## Contact information

For enquiries about the Policy, please contact the Department of Communities – authorisation of restrictive practices team:

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