

Positive Behaviour Support with CareChoice.

We support the
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What is Positive Behaviour Support (PBS)?

When a behaviour can seem unpredictable or is perceived to 'come out of nowhere', it's important to recognise that all behaviours have a function or serve a need.

Due to factors such as skill deficits (e.g., communication, cognitive, social) and setting events/environmental factors, people living with a disability can use behaviours of concern (BoC) to meet a need. The BoC will typically and inadvertently be reinforced when the need is met.

Put simply, the role of positive behaviour support is to understand what need is being met through the BoC (e.g., what is the function?) and how can we support the client to get that need met without them needing to use BoC?

What is a Behaviour of Concern (BoC)?

A behaviour of concern is any behaviour that:

- ▶ Limits a person's ability to participate fully in their community
- ▶ Undermines their rights, dignity, or quality of life
- ▶ Poses a risk to their health and safety, or the safety of others (*McVilly et al., 2002*)

What to expect from a CareChoice Behaviour Support Practitioner

- ▶ **Registered NDIS Provider:** CareChoice is fully registered to offer behaviour support services under the NDIS.
- ▶ **Functional Behaviour Assessment (FBA):** a comprehensive assessment where the function of the targeted behaviour/s of concern can be identified with confidence.
- ▶ **Positive Behaviour Strategies:** we identify positive behaviour support strategies (both environmental strategies and skill teaching opportunities) to reduce the frequency and severity of the targeted behaviour/s of concern. When restrictive practices are being used, the behaviour support team is committed to ensuring the success of positive behaviour support strategies. This focus aims to reduce or even eliminate the need for restrictive practices over time
- ▶ **Person-Centred Behaviour Support Plan (BSP):** Each client receives a BSP that is unique to them, addressing specific needs and detailing any restrictive practices (if applicable) with a focus on 'fading out' these practices over time.
- ▶ **Holistic, Systems Approach:** Success depends on collaboration. We work with the client's support network, advocating, educating, and strengthening the system around them.
- ▶ **Ongoing Monitoring and Adjustments:** We continuously monitor and review the effectiveness of strategies to ensure they are working and adjust our approach as needed.



CareChoice provides behaviour support to individuals who:

- ▶ Are aged between 7 and 65 years
- ▶ Live in the following areas of Melbourne:
 - **Outer Eastern Melbourne:** Yarra Ranges Shire, City of Maroondah, Cardinia, and City of Knox
 - **Southern and South Eastern Suburbs:** Bayside, Casey, Greater Dandenong, Frankston, Glen Eira, Kingston, Monash, and Mornington Peninsula
- ▶ Have the following funding in their NDIS plans:
 - **Behaviour Support** (Specialist Behavioural Intervention Support, 11_022_0110_7_3)
 - **Behaviour Management Plan** (Including Training in Behaviour Management Strategies, 11_023_0110_7_3)

Our Commitment to You

CareChoice is dedicated to prioritising the support needs and emotional wellbeing of all participants. Our services align with the NDIS Positive Behaviour Support Capability Framework, ensuring we always provide the highest standards of care.

Our values include:

- ▶ Upholding and respecting your legal and human rights
- ▶ Supporting your culture, diversity, and individual beliefs
- ▶ Protecting your dignity and privacy
- ▶ Ensuring freedom from violence, abuse, neglect, exploitation, or discrimination
- ▶ Empowering you to make informed choices and decisions

References McVilly, K. R., Bristow, S., Foreman, P., & Goddard, L. (2002). Positive behaviour support for people with intellectual disability: Evidence-based practice, promoting quality of life. Australian Society for the Study of Intellectual Disability.

Accessing the Service

For more information or to get started with CareChoice, please contact us:
☎ 1300 737 942 ✉ enquiries@carechoice.com.au

