

# Restrictive Interventions & Behaviour Support Plans



## An Easy English information sheet

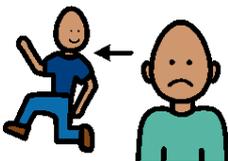
Everyone has the right to live freely and safely.  
When someone is showing a **behaviour of protest**,  
we know it means something is wrong.  
A behaviour of protest could be when a person



- tries to hurt themselves
- tries to hurt someone else

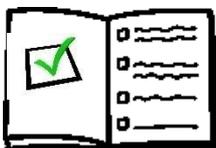


- is angry and breaking furniture
- tries to run away from people who help them.



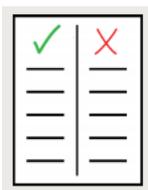
We will do what we can to understand why and how  
to support a person to live the best life possible.

If it is needed, we will come up with a **Behaviour  
Support Plan** for that person.



This is a document which

- lists how best to support a person to live a quality life
- lists ways to best respond to how a person may be behaving
- tells everyone what is ok and what is not ok.





We will work with the person and the person's

- support workers
- family, advocate or carer

to create this plan.

We follow rules that say we will can only use **restrictive interventions** as a last resort.

We know that with the right help early on, these interventions should not need be used.

These are things like



- moving a person to a room on their own
- telling a person to lie down or not move until they are told to
- giving a person medicine to settle behaviour
- stopping a person from using things they want to use.

Restrictive interventions can only be used in special situations.

It can only be used when nothing else we have tried has worked.

It is only used when we know for sure it is for a person's best interests.



It can only be used after being checked by people who are on our Human Rights Committee.

These are people who do not work for Melba.

All our staff must follow these rules at all times.



# Restrictive Interventions & Behaviour Support Plans



## A Plain English information sheet

Melba is committed to maintaining the rights of all individuals to express themselves freely and safely.

Any person with a disability who has been identified as being at risk, or harming themselves or others, as a result of any behaviours they may be showing will be supported by our staff to ensure they have a Behaviour Support Plan in place.

Our staff work with the person and the person's family, friends, advocates and carers to:

- identify and respond to early warning signs;
- implement proactive and positive interventions to improve the person's quality of life; and
- reduce the risk of harm to the person or to those around them.

Wherever possible, Melba staff will try to reduce and eliminate any intervention that restricts the rights or freedom of movement of a person with a disability, including chemical restraint, mechanical restraint, environmental restraint, physical restraint or seclusion as well as all other types of restrictive practices.

Restrictive practices are only used when they are in the best interests of the person and when they are the least restrictive option available for the person in the particular situation following in depth assessment and approval from Melba's independent Human Rights Committee.

All our staff must follow the rules found in the Disability Act 2006, those regulated by the NDIS Quality and Safeguards Commission, and Melba's policies and procedures should they identify the need to use any restrictive interventions.