

Psychosocial Sector NDIS Q&S Readiness Project

Bite-sized NDIS

Mains: Restrictive Practice In Reality



Supported by:



Government of Western Australia
Department of Communities



WAAMH

Western Australian Association
for Mental Health



Engagement Today



Experiences and questions welcome in chat box at any time



Jump in to ask questions, 'raise' your hand or use the chat box at any time



Today we will be using Mentimeter – an interactive forum; make sure your smart phone is ready!



This is a brave space, let's be kind to each other in our interactions.



Introductions



**We acknowledge the traditional
custodians of this land.**

**We recognise their continuing
connection
to land, water and community.**

**And we pay our respects to their Elders
past, present and future.**



We would like to acknowledge the courage and contribution of people with lived experience.



Reviewing Entree

Practice Standards & Quality Indicators

- What are they?
- Why do they exist?
- How do we incorporate them into our practice?

Resources

- CAM
- Core Module Readiness Workbook
- MHCC Assessment Tool
- Workforce Capability Framework

Workshop Content

This workshop does have reference to topics some participants may find distressing.

Please feel free to take time out from the session if you feel the need to.

Lifeline: 13 11 14





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SECTOR READINESS PROJECT for Psychosocial Service Providers

Positive
Behaviour
Support

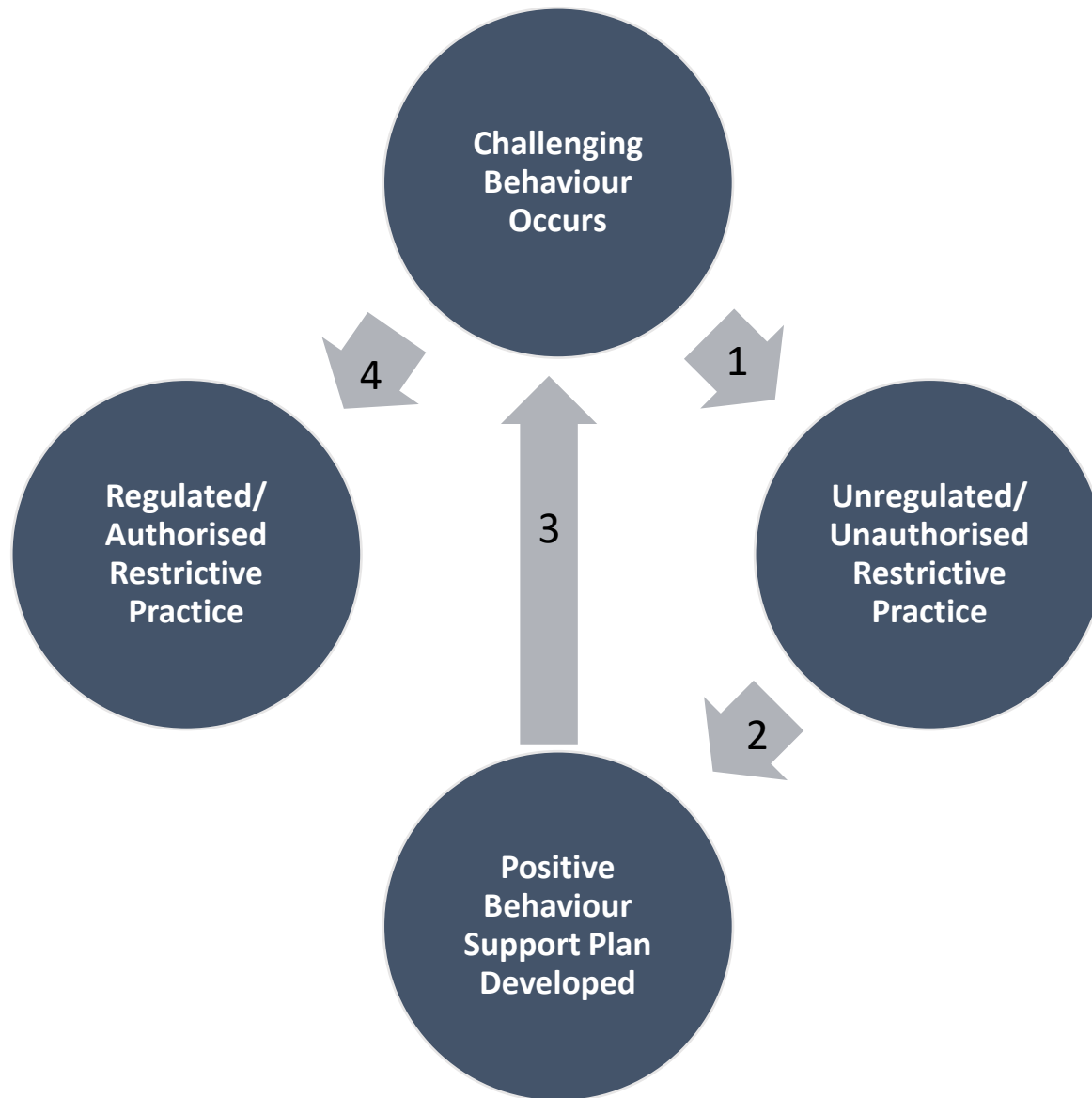
The First
Response

Restrictive
Practice

The Last
Resort



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What is Challenging Behaviour?

‘Behaviour of such **intensity** and/or **frequency**...that the physical **safety** of the **person or others** is likely to be placed in serious jeopardy, or, behaviour that is likely to ...result in the person **being denied access** to ordinary community facilities.’

Emerson & Einfield (2011)





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Why Does Challenging Behaviour Occur?

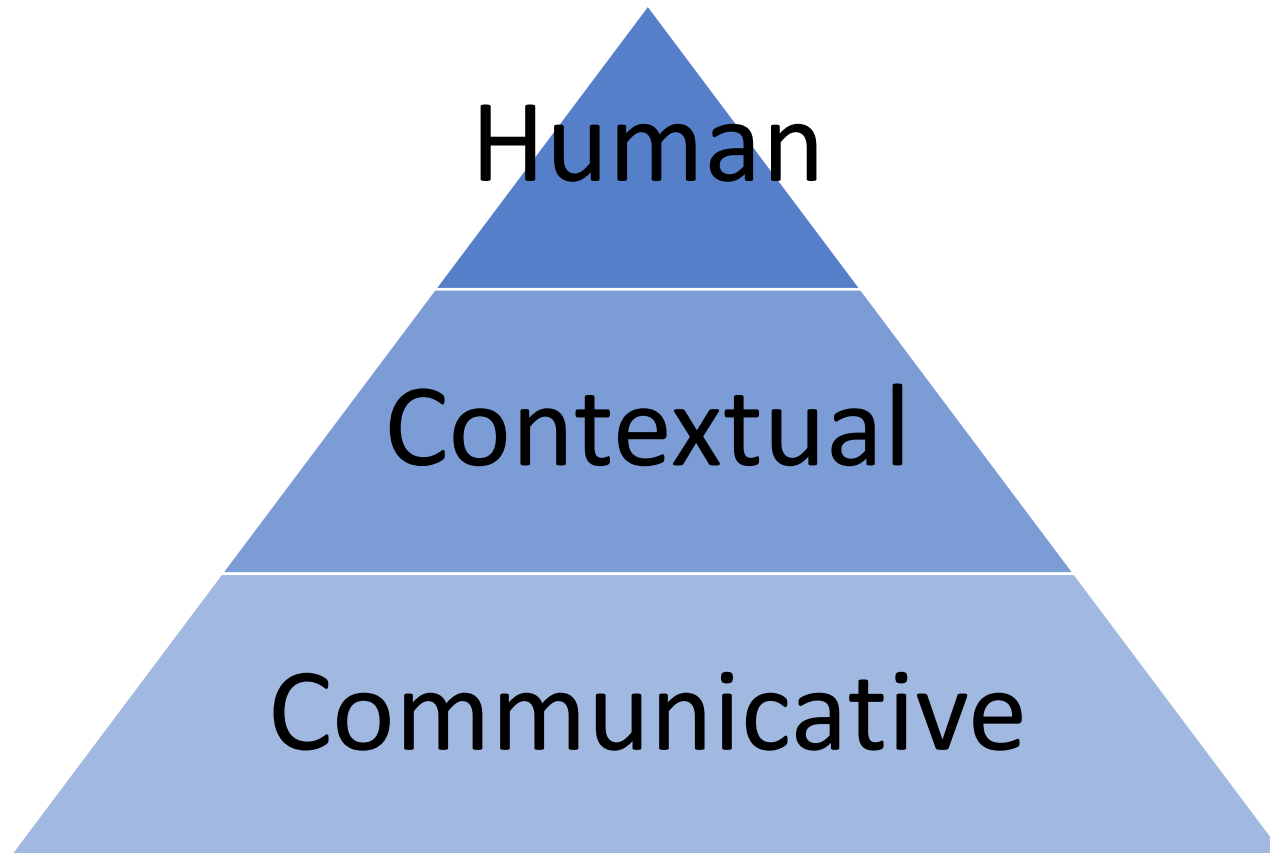
‘Difficult behaviours are messages which can tell us important things about a person and the quality of his or her life’

-David Pitonyak





All Behaviour is:





What Are Restrictive Practices?

Restrictive Practice means any practice or intervention that has the effect of **restricting the rights or freedom of movement of a person** with disability.

Under the National Disability Insurance Scheme (Restrictive Practices and Behaviour Support) Rules 2020 **certain Restrictive Practices are subject to regulation**.

[Regulated Restrictive Practices Guide
\(ndiscommission.gov.au\)](https://www.ndiscommission.gov.au/regulated-restrictive-practices-guide)



“There is strong agreement that seclusion and restraint is a human rights issue, that it has no therapeutic value, that it has resulted in emotional and physical harm for consumers and staff, and that it can be a sign of a system under stress. “

-National Mental Health Commission

Possible impacts of using Restrictive Practice on people with disability?

Do not address the underlying factors that cause the behaviour of concern.

Can cause trauma and psychological distress.

May result in a loss of dignity.

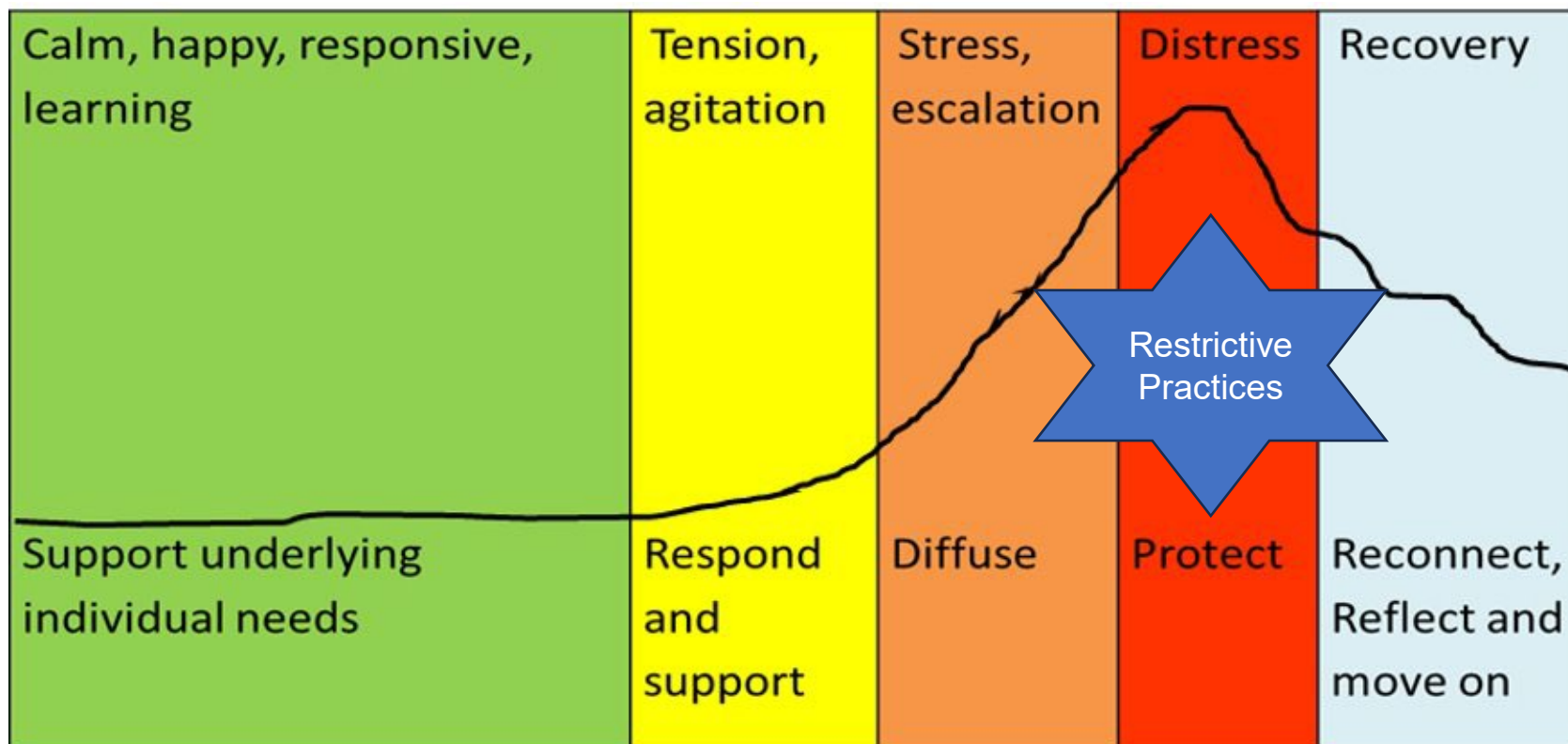
May be triggering to a person with a history of trauma and abuse.

Can limit personal freedom and ability to engage in daily life activities.

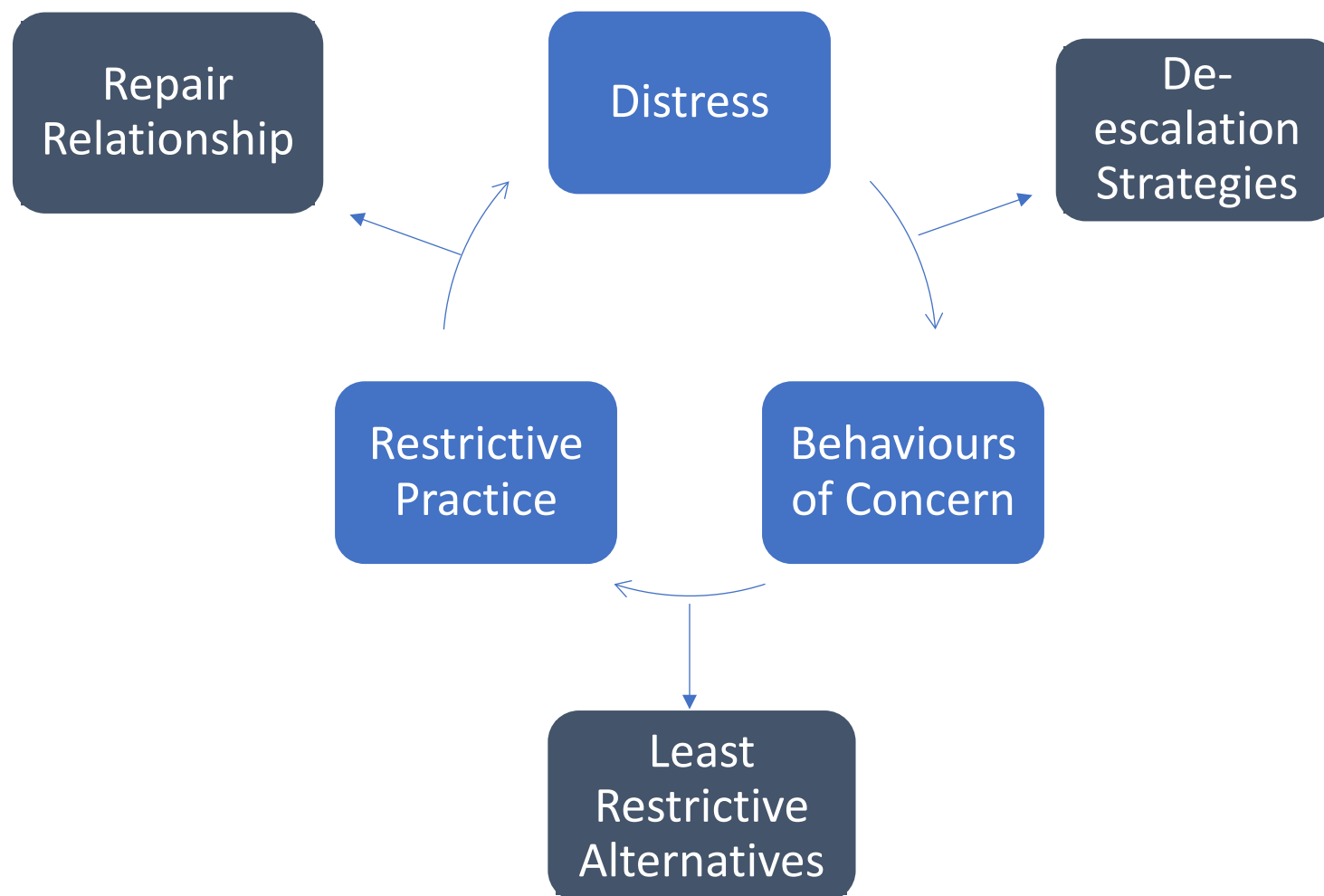
Can reduce meaningful interactions with carers and support staff.

Can lead to other behaviours of concern.

When Are Restrictive Practices Appropriate?



Cycle of Distress





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Restrictive Practice: Types



Seclusion



Chemical Restraint



Mechanical Restraint



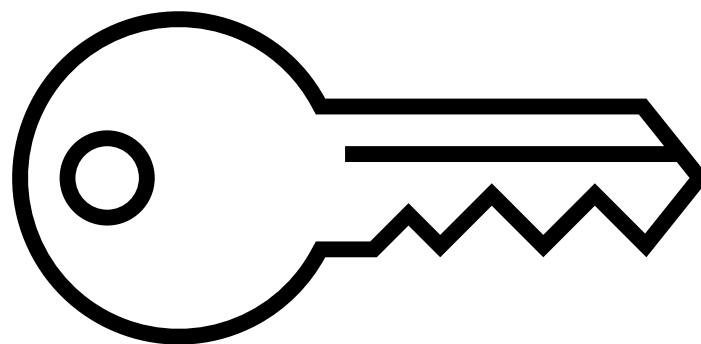
Physical Restraint



Environmental Restraint



Restrictive Practices Defined: **Seclusion**



Seclusion is the **sole confinement** of a person with disability in a room or a physical space.

Restrictive Practices Defined: Chemical



Chemical restraint is the use of **medication or chemical substance** for the primary purpose of influencing a person's **behaviour**.

Restrictive Practices Defined: Mechanical

Mechanical restraint is the **use of a device** to prevent, restrict, or subdue a person's movement for the primary purpose of influencing a person's **behaviour**.





Restrictive Practices Defined: Physical

Physical restraint is the use or **action of physical force** to prevent, restrict or subdue movement of a person's body, or part of their body, for the primary purpose of influencing their **behaviour**.



Restrictive Practices Defined: Environmental

Environmental restraint **restricts a person's free access to all parts of their environment**, including items or activities.





Regulated Restrictive Practices

Regulated Restrictive Practices

- Defined by NDIS Q&S Commission
- 5 Types
- Must have a BSP lodged by an implementing provider

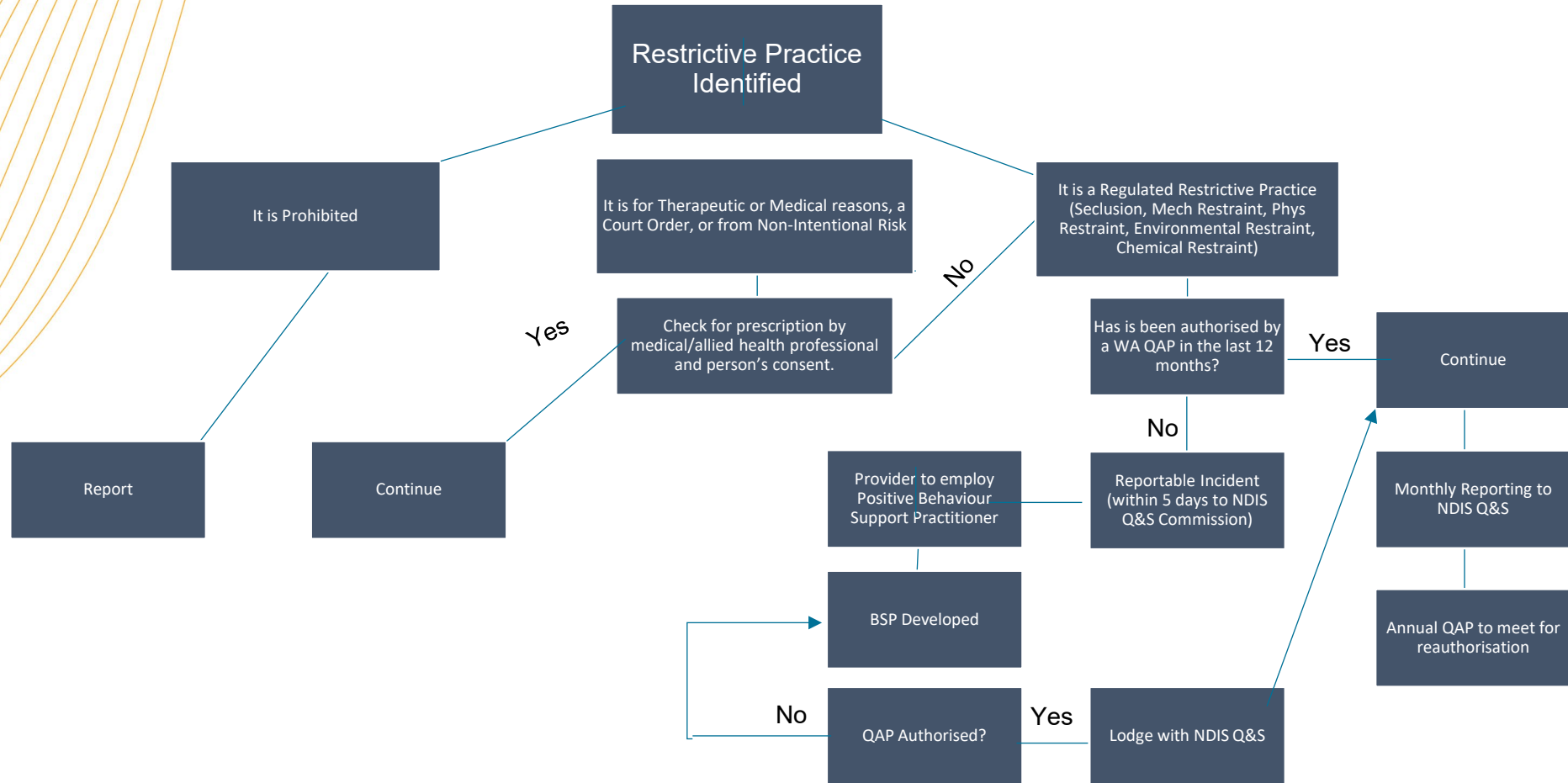


Authorised Restrictive Practices

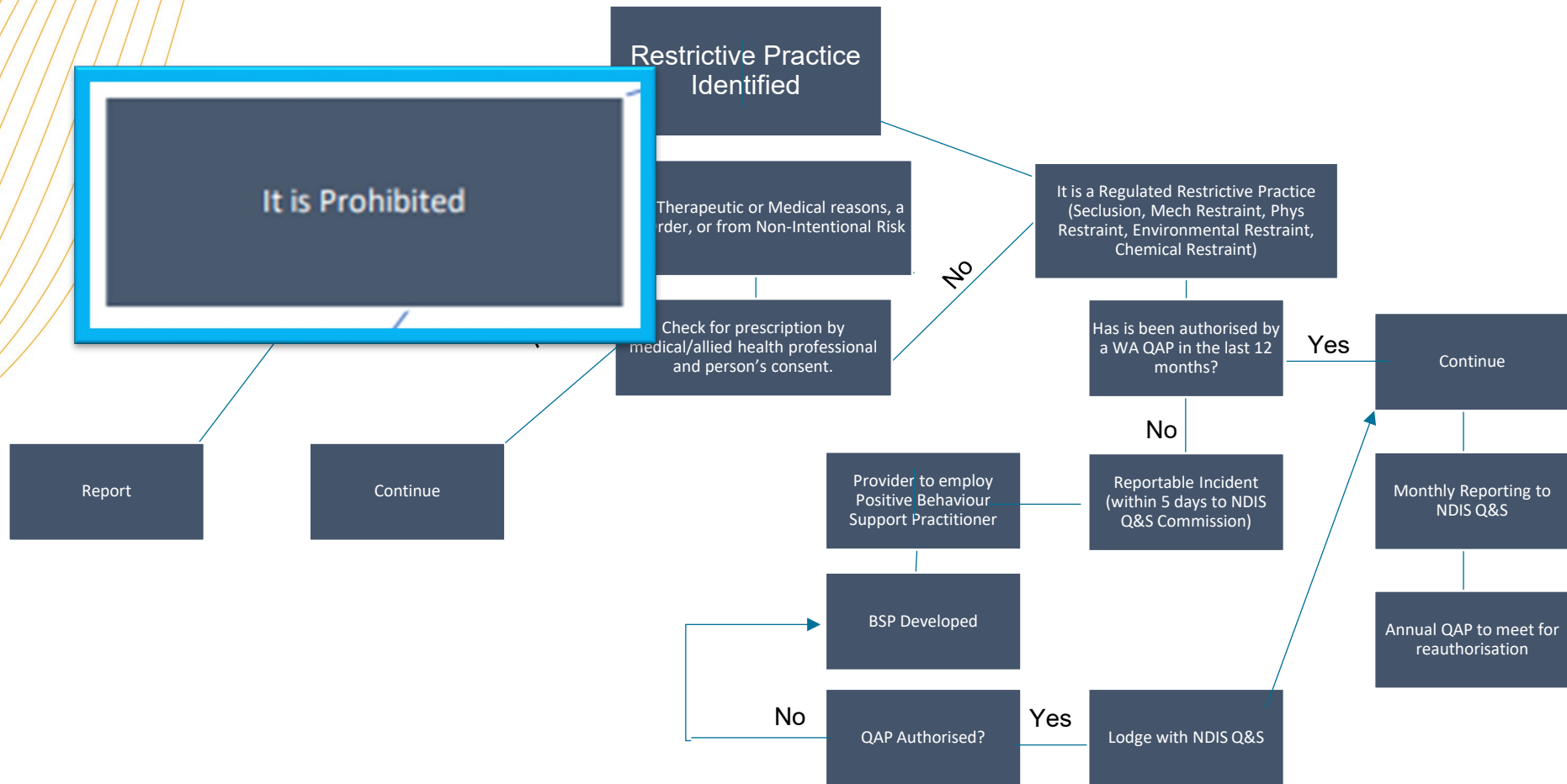
Authorised Restrictive Practices

- Defined by WA Department of Communities
- Agreed to as a necessary act by a Quality Assurance Panel

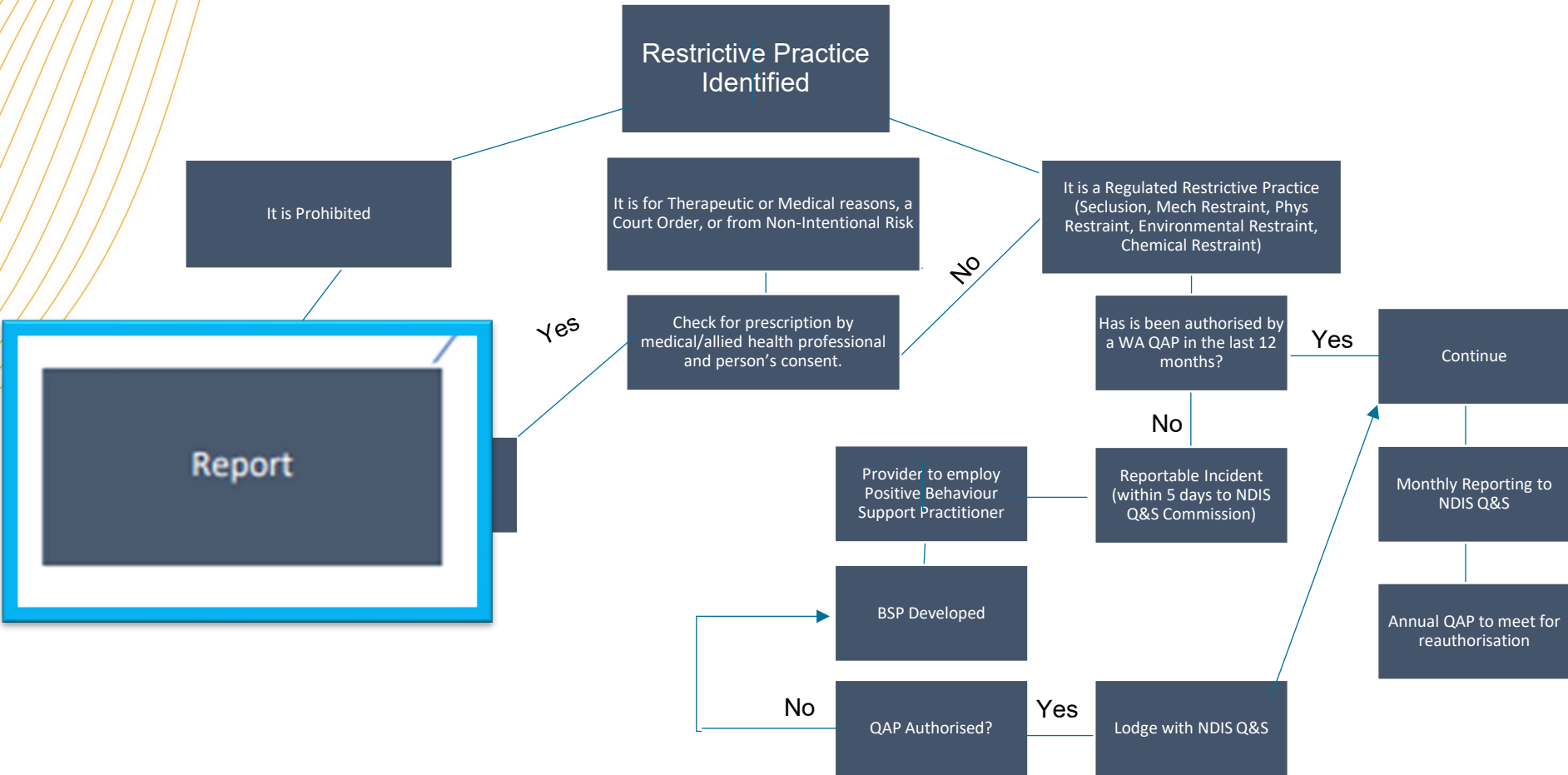
Navigating Safe Practice



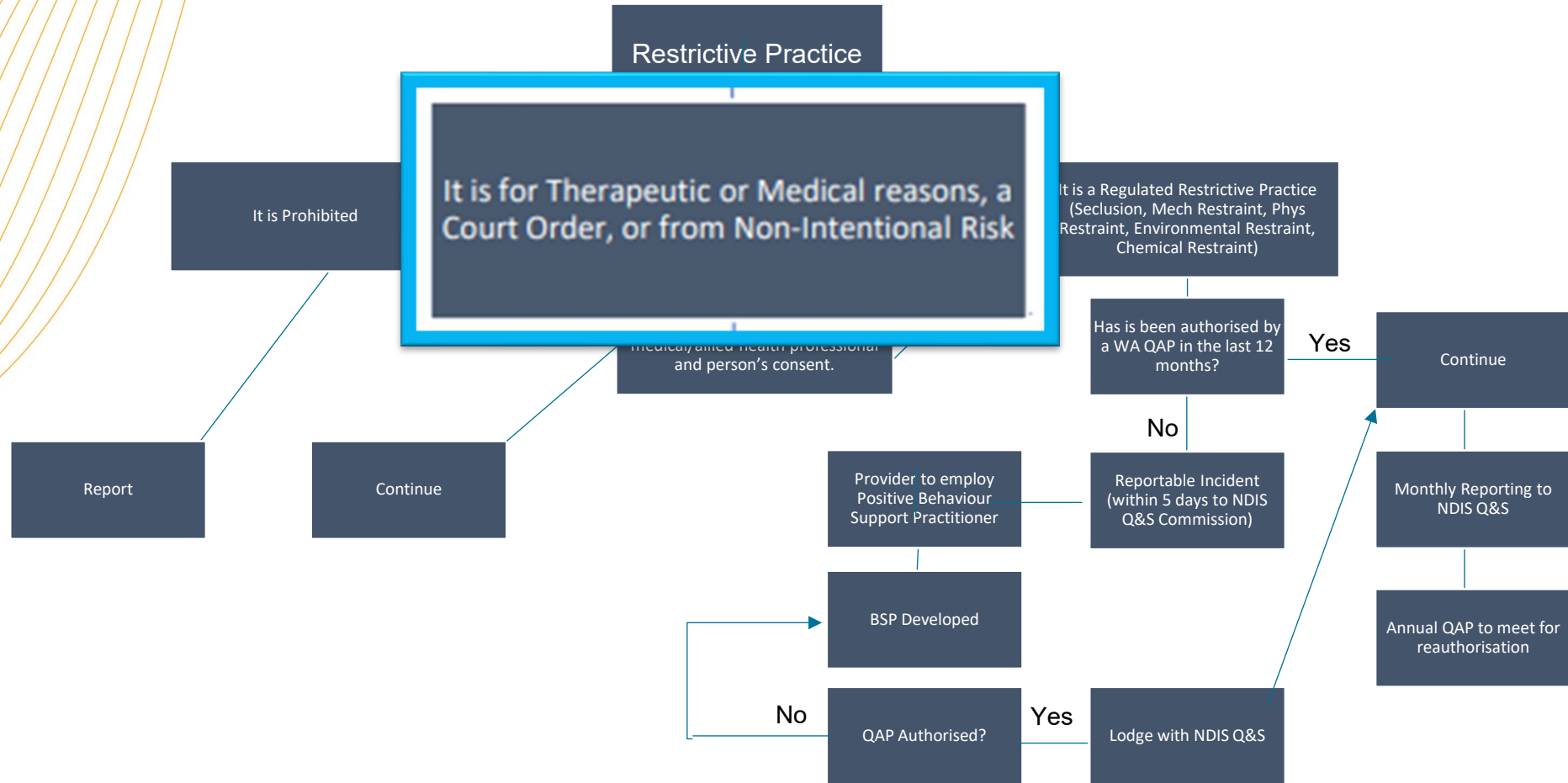
Navigating Safe Practice



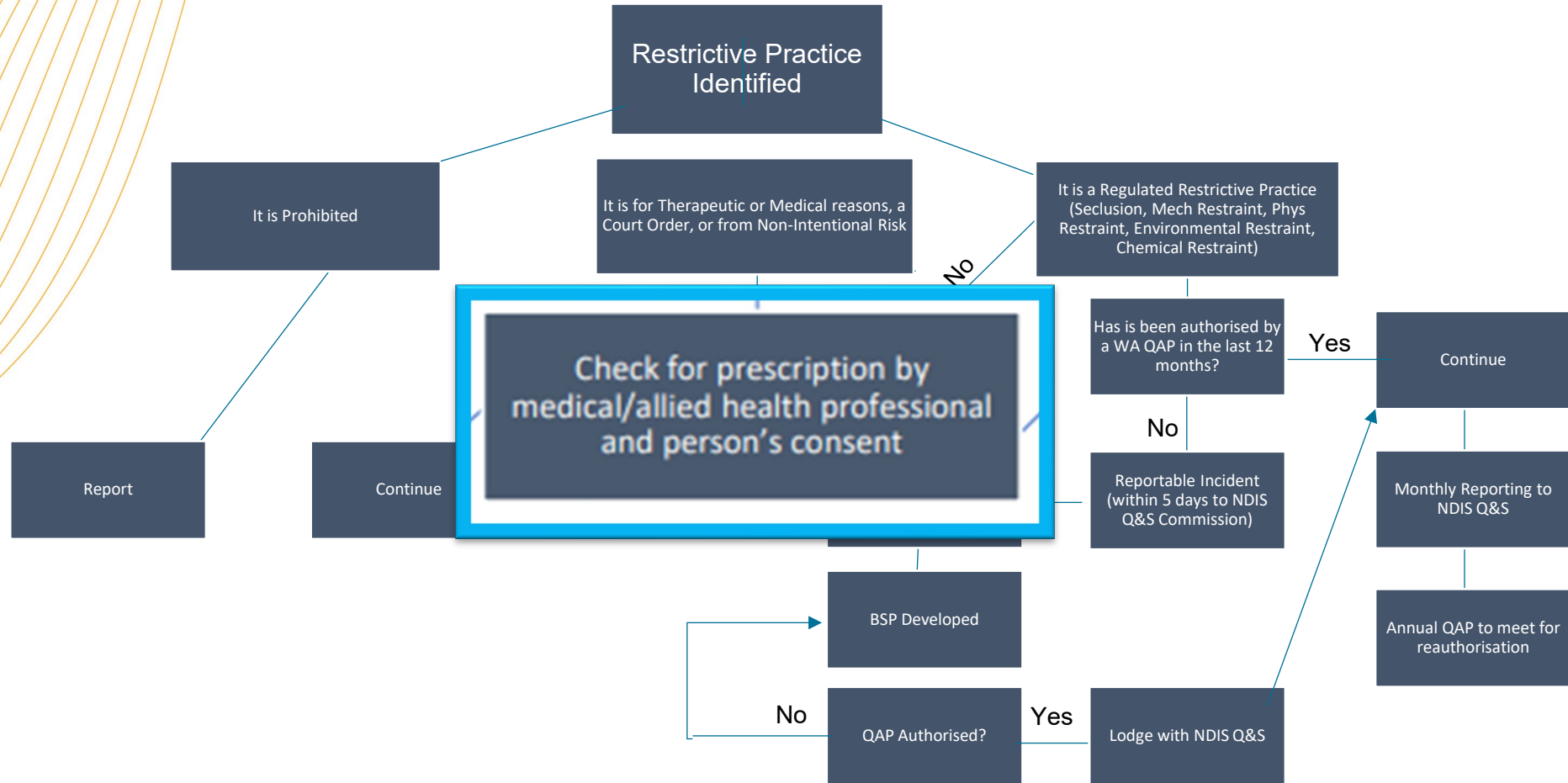
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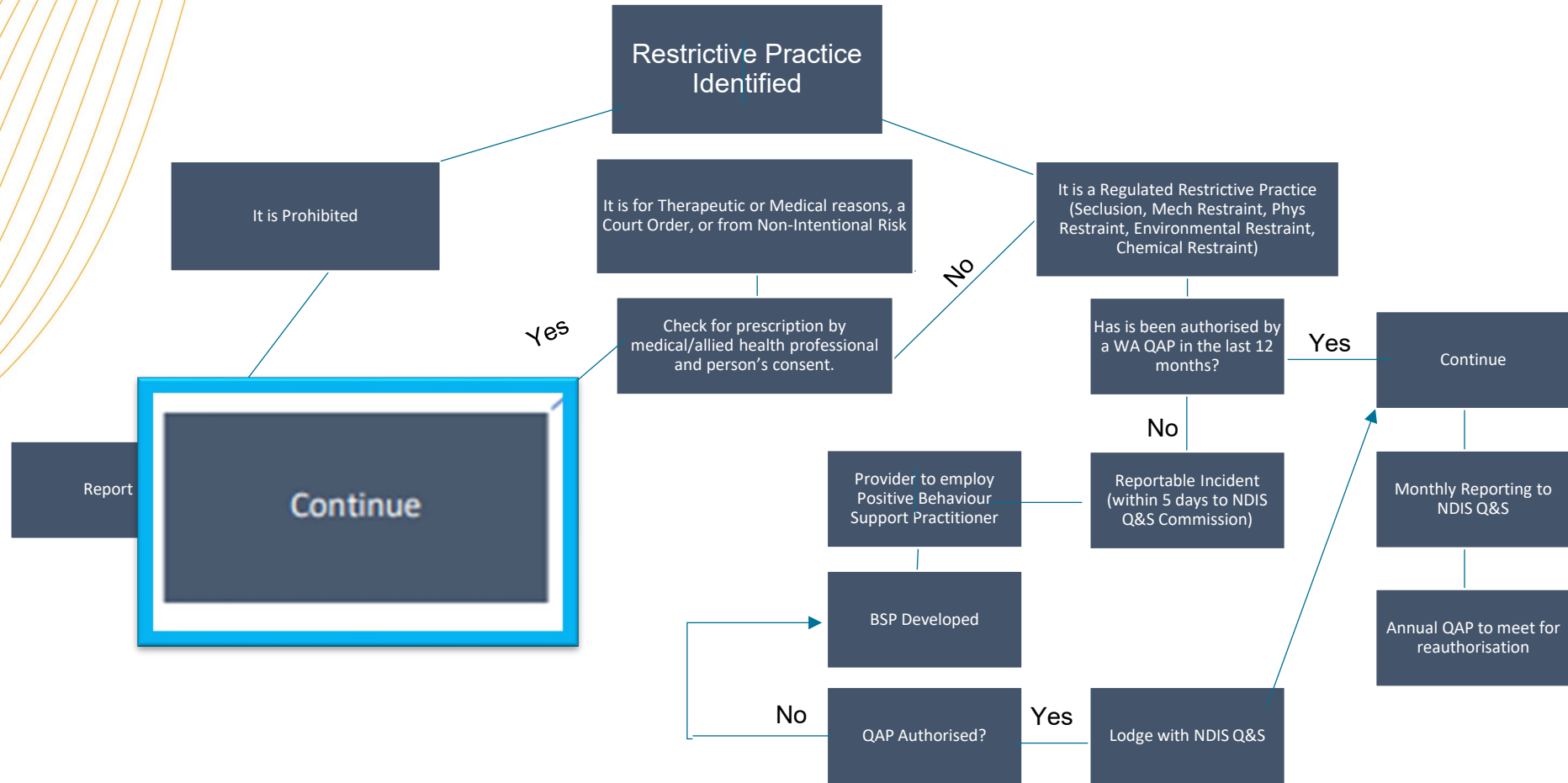
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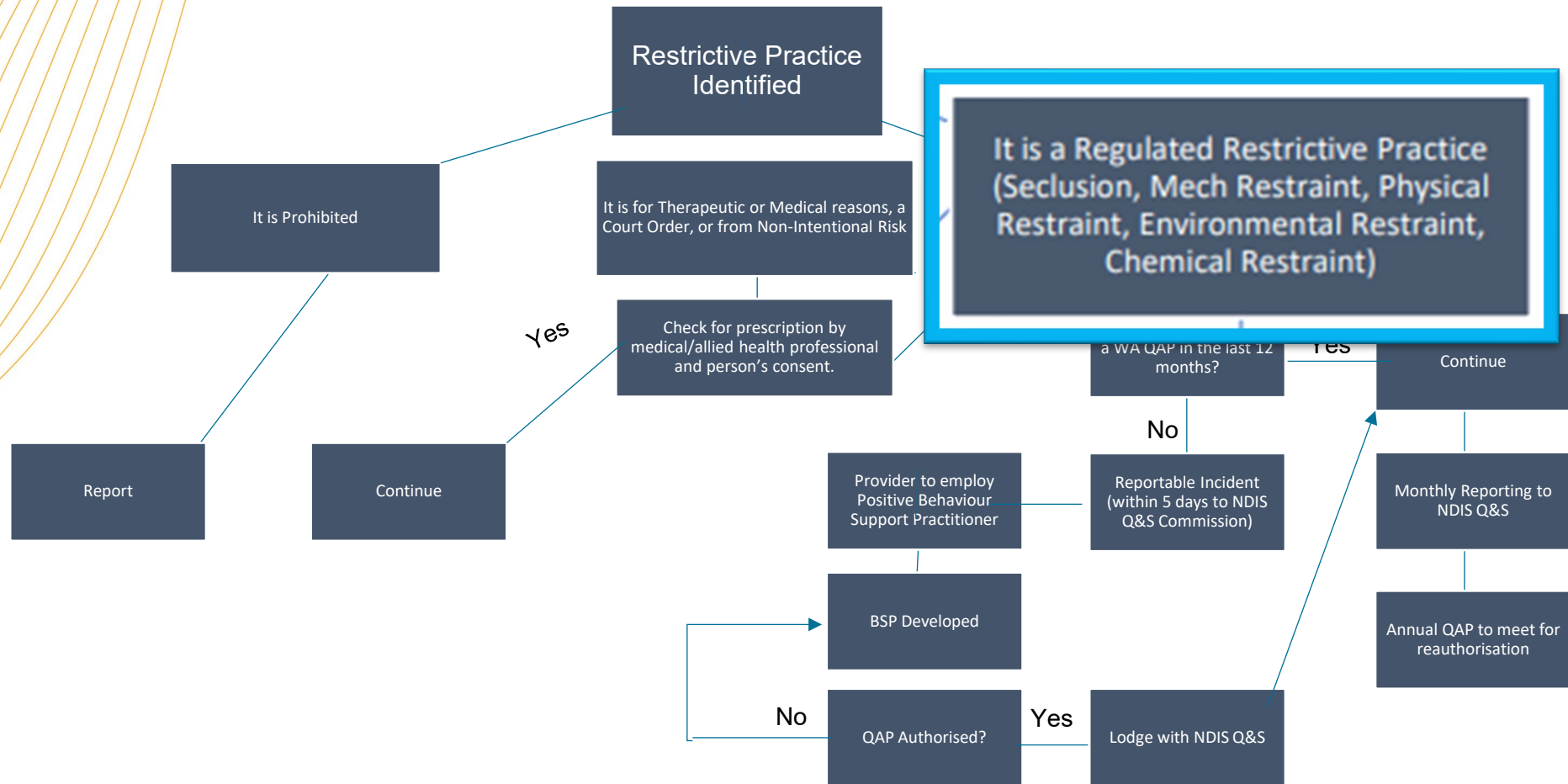
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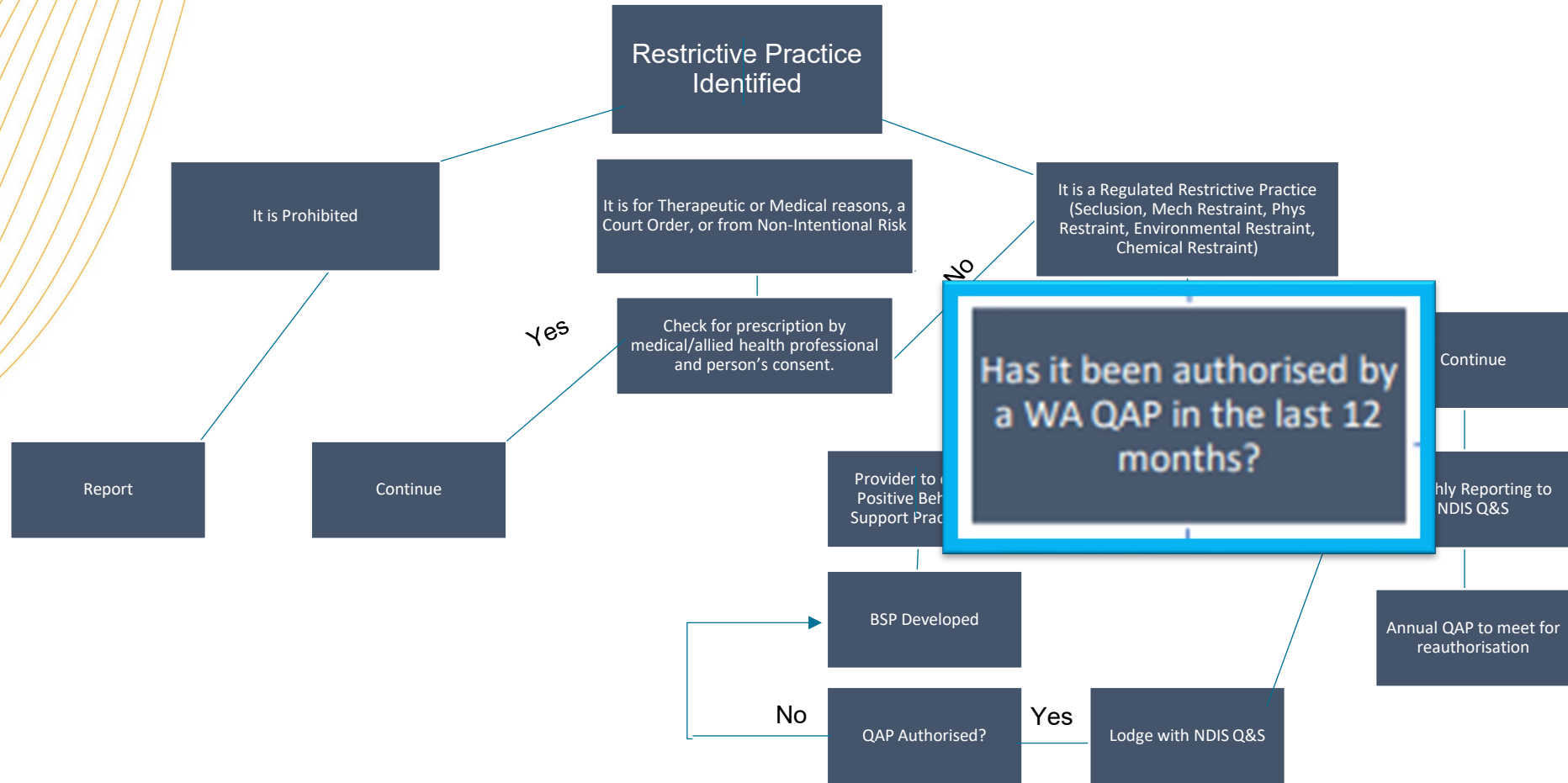
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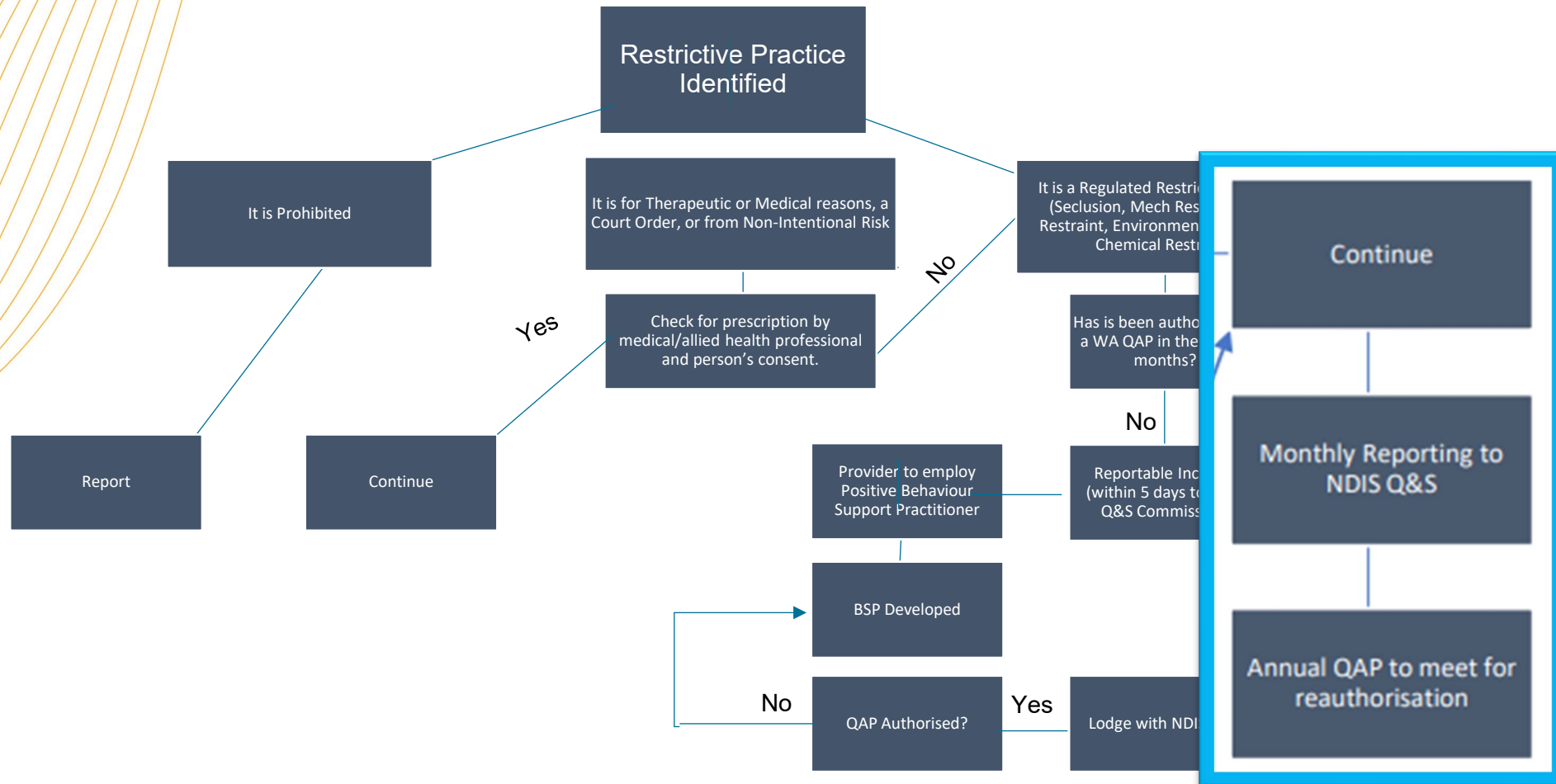
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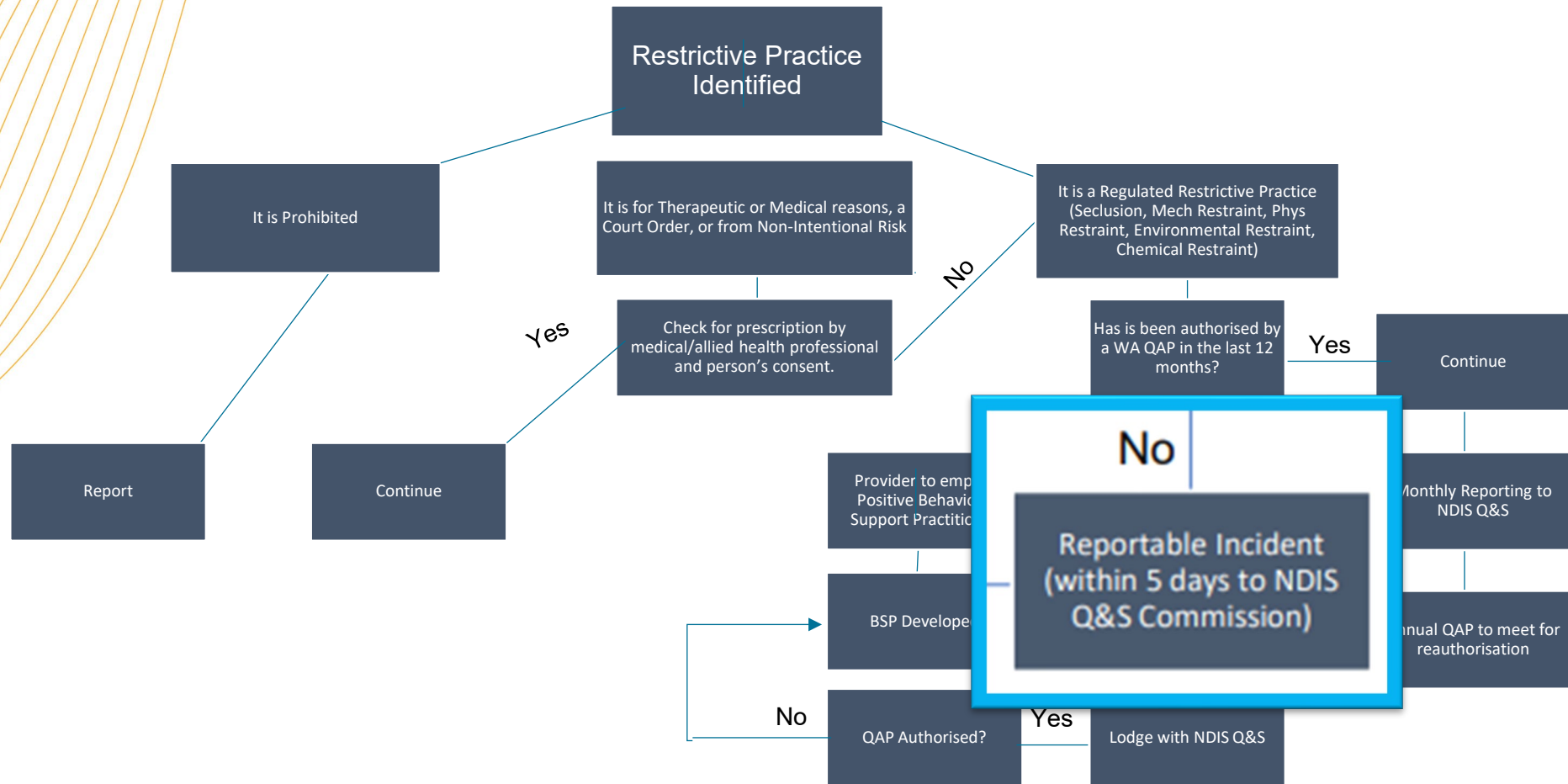
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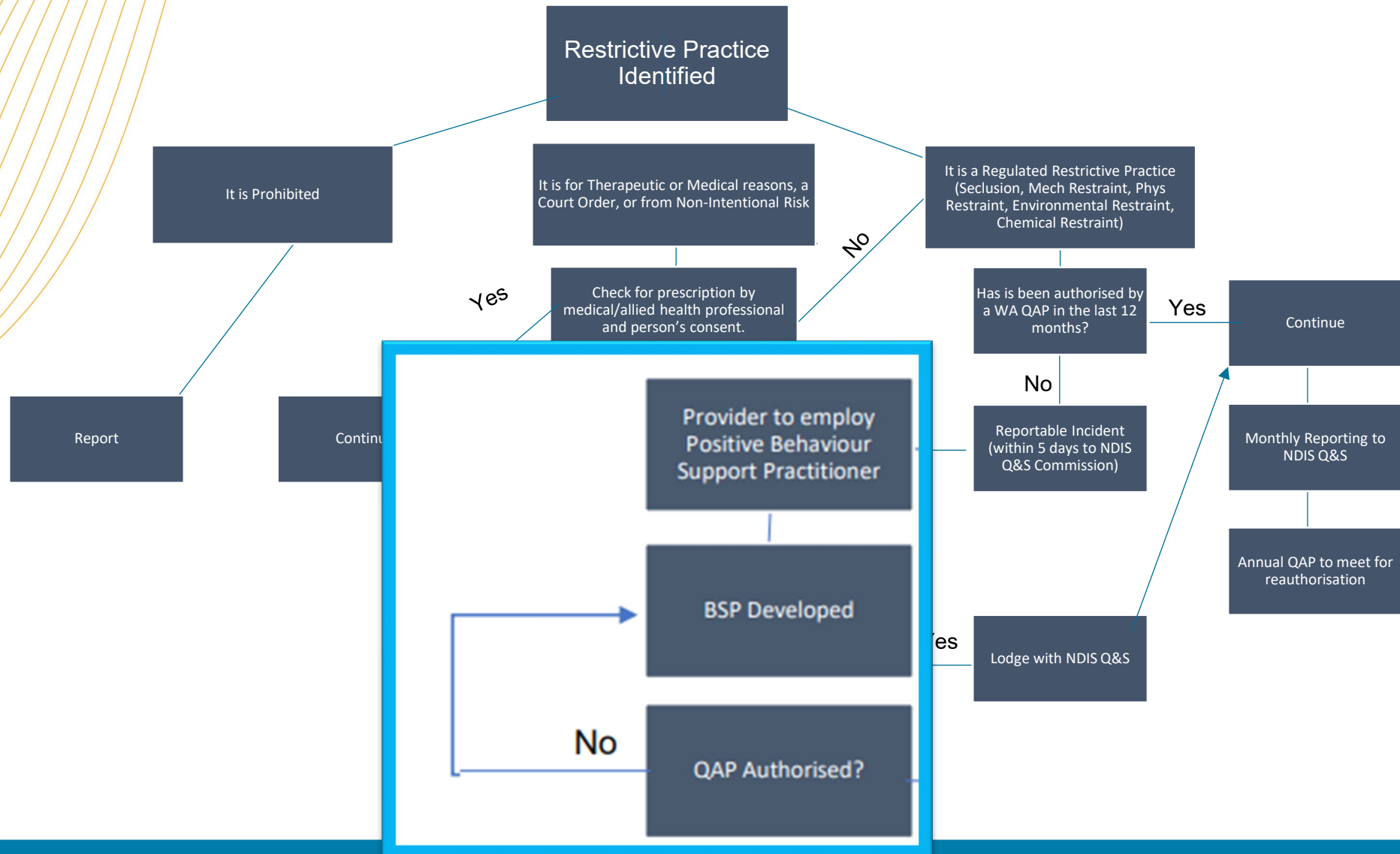
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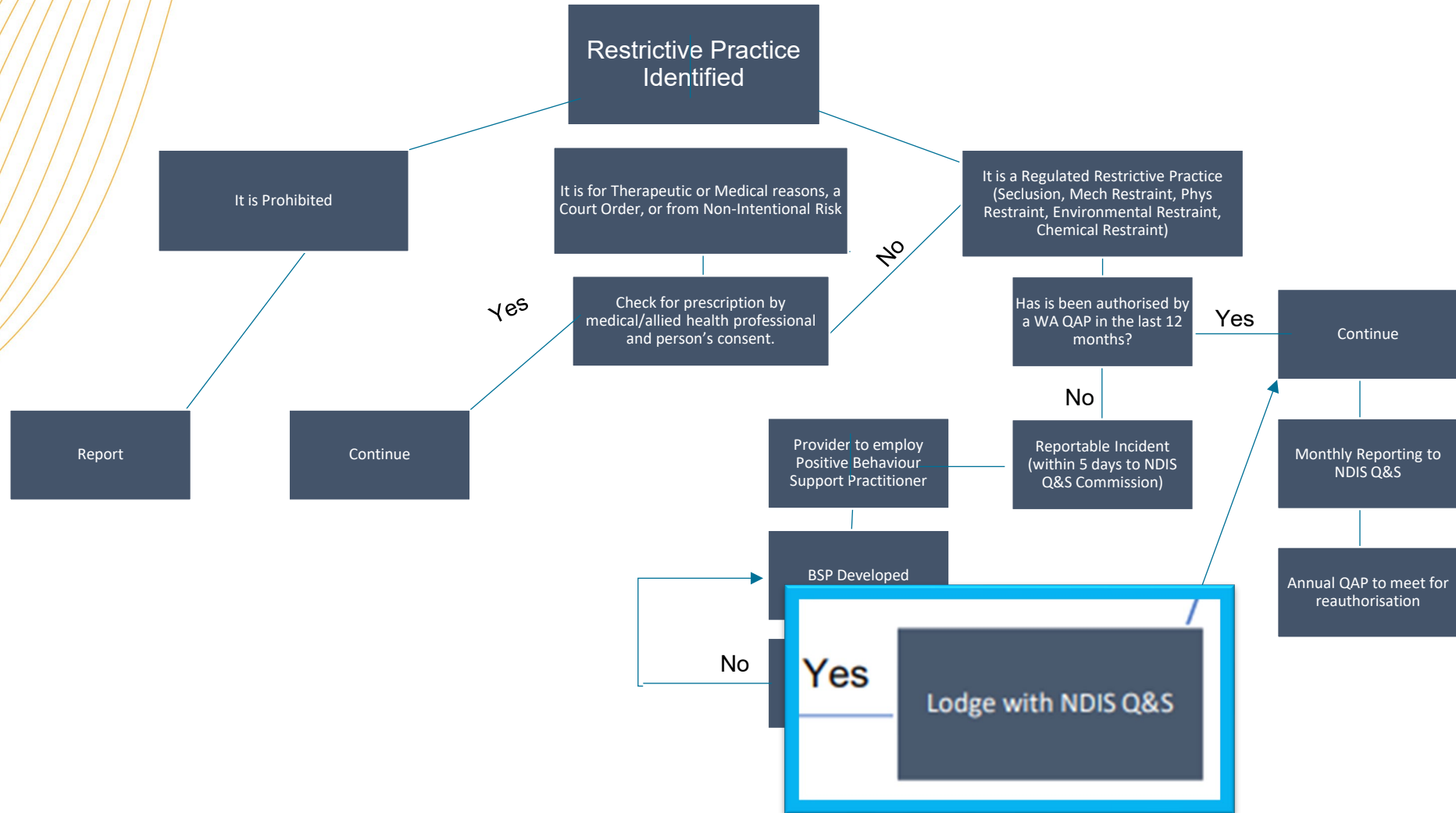
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Navigating Safe Practice



Navigating Safe Practice



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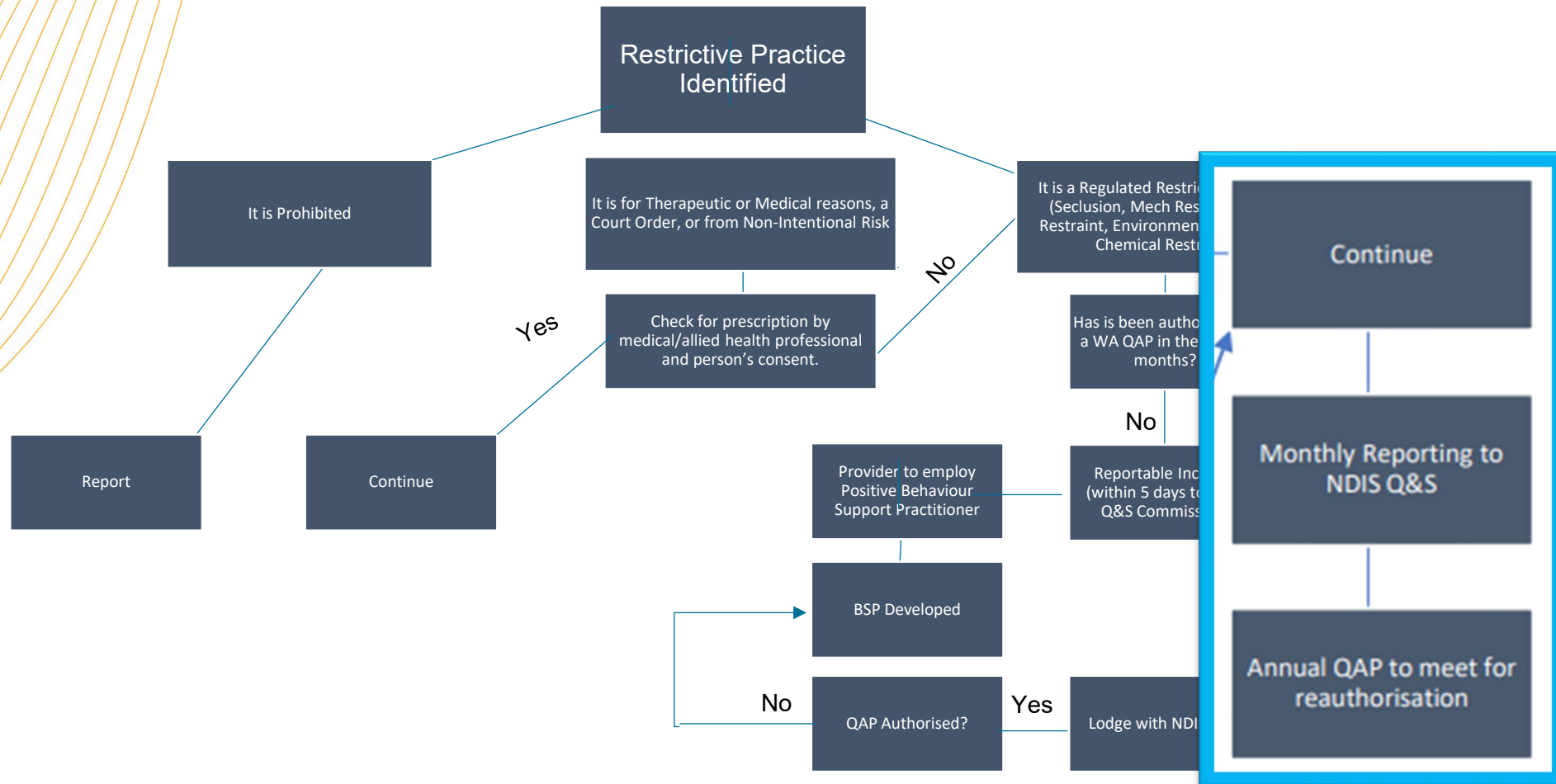
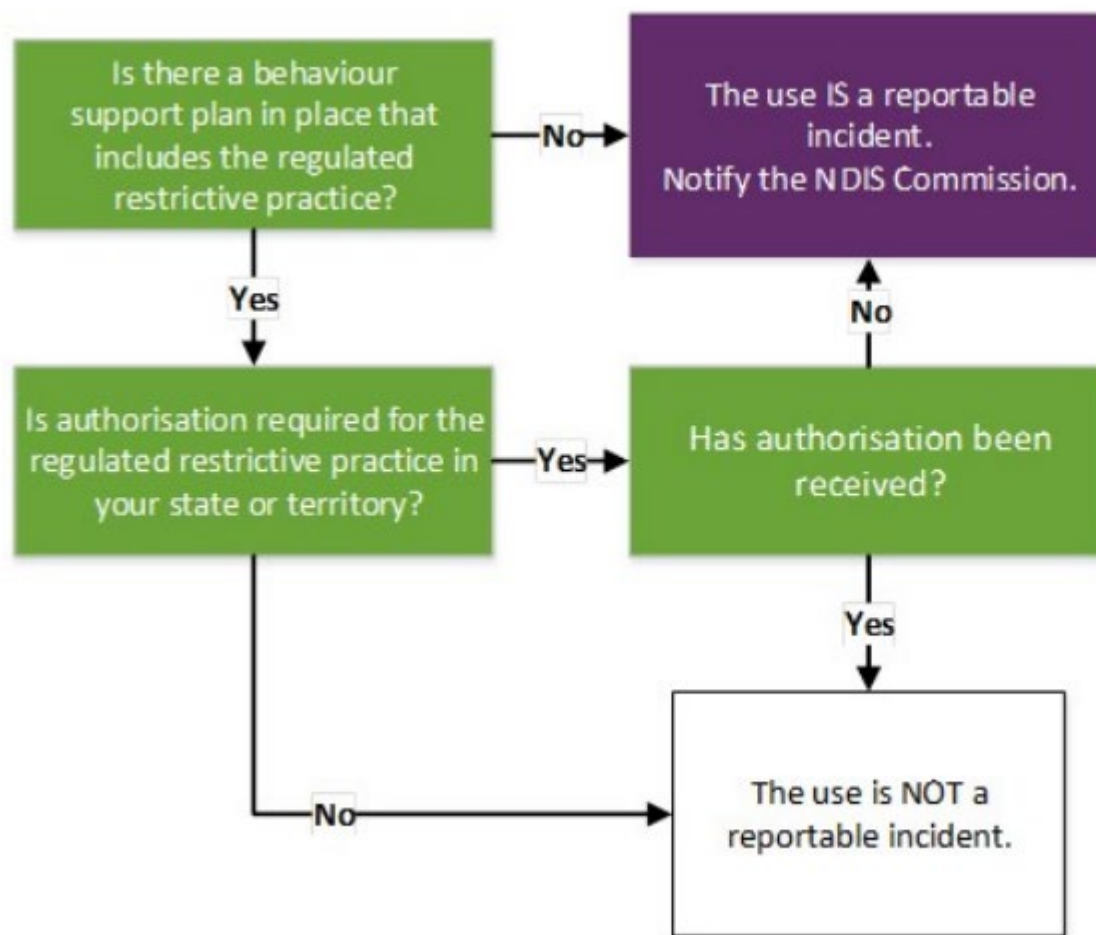


Figure 1: Flow chart outlining how a reportable incident is defined



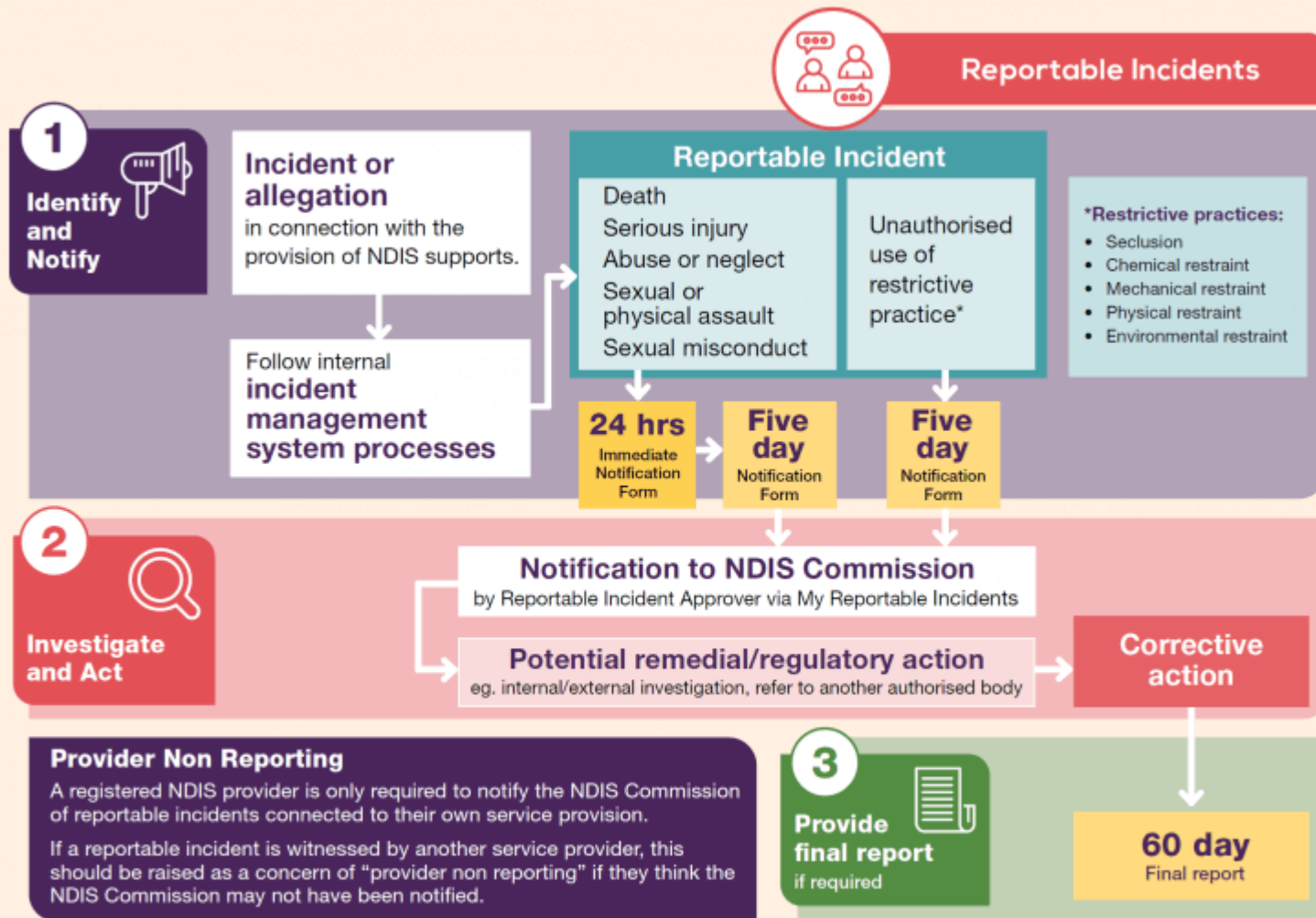


Reportable Incidents: NDIS Q&S Commission





SECTOR READINESS PROJECT for Psychosocial Service Providers





Difficulties Reporting



WA Reportable Incidents:

WAReportableincidents@ndiscommission.gov.au

National Unauthorised Restrictive Practices:

URPnationaltaskforce@ndiscommission.gov.au



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Resources

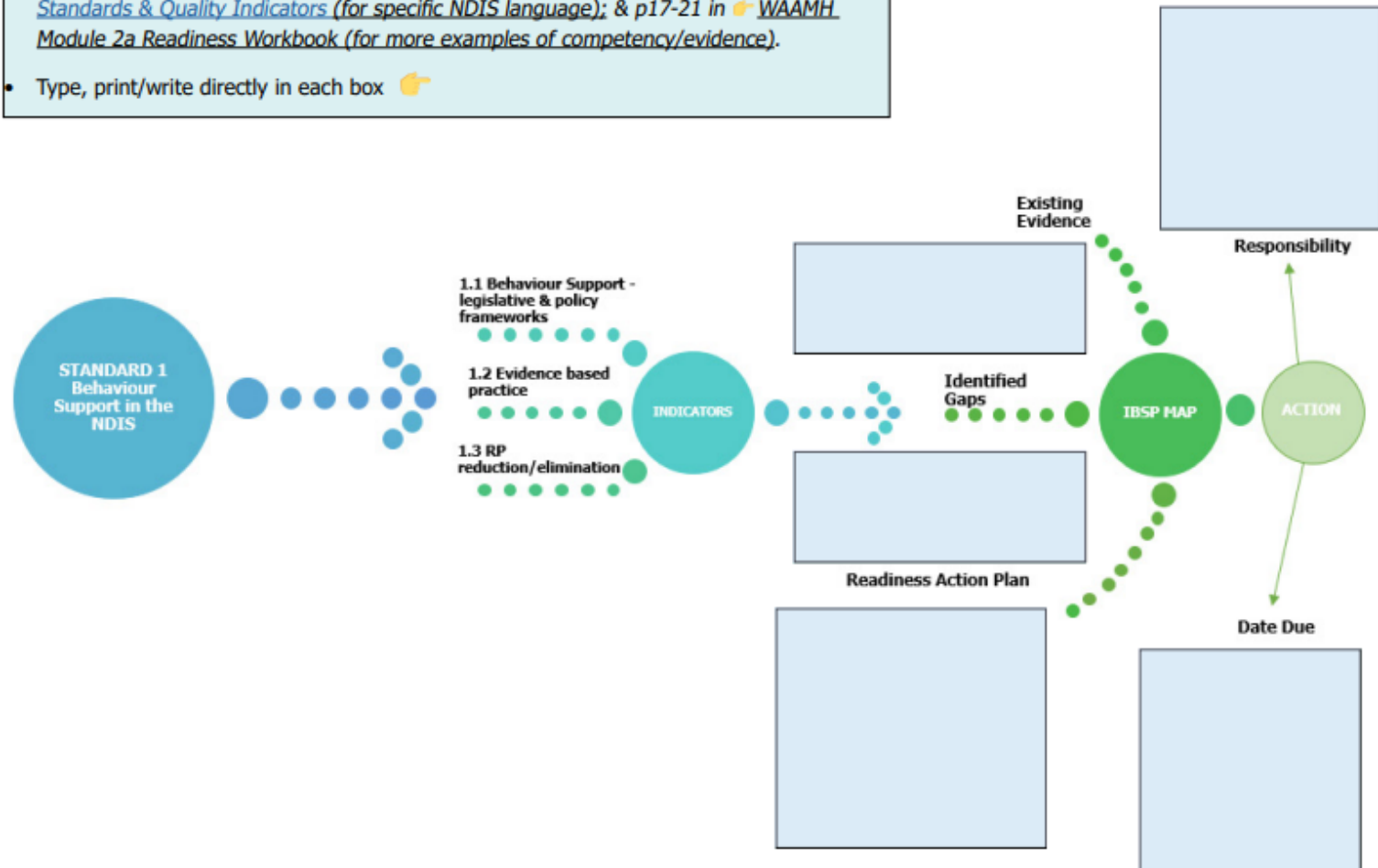


Developed by WAAMH
& Mental Health Coordinating
Council

Resource: Implementing Behaviour Support Plans Map

IBSP Map Key

- For more information about Standard 1 & Indicators 1-3, refer to p28 in [NDIS Practice Standards & Quality Indicators](#) (for specific NDIS language); & p17-21 in [WAAMH Module 2a Readiness Workbook](#) (for more examples of competency/evidence).
- Type, print/write directly in each box 



Module 2a Workbook

HOW TO FOLLOW EACH SECTION IN 2A WORKBOOK...

2A STANDARD 1: BEHAVIOUR

Standards as written in the NDIS Practice Standards and Quality Indicators.

(For more information about Standards and Quality Indicators (for specific NDIS evidence and/or gaps for action.)

Purple text references relevant pages in the NDIS Standards and Quality Indicators + IBSP Map (visual map for workbook)

STANDARD OUTCOME

Each participant accesses behaviour support that is appropriate to their needs, evidence-informed practice and complies with relevant legislation and policy.

STANDARD 1.1 QUALITY INDICATOR TO BE DEMONSTRATED

Quality Indicator as written in the NDIS Practice Standards and Quality Indicators.

Knowledge and understanding of the NDIS and State/Territory behaviour support and policy frameworks.

INTERPRETATION

An interpretation of the NDIS language used in each indicator to increase accessibility.

Bold words indicate what needs to be evidenced to meet this indicator for best practice and for auditing.

Relevant legislation applied in the behaviour support and policy frameworks.

EVIDENCE EXAMPLES

Some suggested evidence examples to demonstrate compliance or meeting the needs of this indicator.

Tick the boxes if you already have this evidence.

☐ Documented

☐ Staff demonstrate knowledge and understanding of the NDIS and State/Territory behaviour support and policy frameworks.

☐ Organisational framework for behaviour support and policy frameworks.

IMPLEMENTATION

Some ways that the indicator evidence can be demonstrated in your service delivery/ what it looks like in practice.
*Tip: if you do it, then you will have the supporting documentation/evidence.

Tick the boxes to show which ones your service already does.

☐ Staff education and training policy frameworks and Training Register

☐ Staff confirm knowledge and understanding of the NDIS and State/Territory behaviour support and policy frameworks.

☐ Supervision and support legislative and policy frameworks.

Module 2a Workbook

HOW TO FOLLOW BOXED SECTIONS IN 2A WORKBOOK...

This number refers to the Standard eg. 1 and relative Indicator e.g. 1 = 1.1. *Used in this WAAMH 2A Workbook and IBSP Map only



1.1

SELF-ASSESSMENT (what you already have in place i.e. policy/procedure)



BOX 1: Type directly into or print and write the evidence/documentation/daily service provision you already have or do to meet this Indicator.
*If typing directly in, 'Save As' to keep for your records.

GAPS IDENTIFIED (what you might be missing)



BOX 2: Type directly into or print and write the evidence/documentation/daily service provision you do not have or do to meet this Indicator.

READINESS ACTION PLAN (what you need to do to meet Standards and Quality Indicators)



BOX 3: Type directly into or print and write what needs to be done to meet this Indicator. Ensure each action is delegated to a staff member with timeline. This can then be transferred into your Continuous Improvement Register and used for auditing.

FURTHER INFORMATION



This section will include extra resources and guidance for meeting the relative Indicator.

- [National Disability Insurance Scheme \(NDIS\) Rules 2018](#)
- [For Implementing Providers: Behaviour Support Plan Template](#)
- Contact the NDIS Commission Behaviour Support Team: Call 1800 035 544 or email [here](#)
- Contact the NDIS Commission Behaviour Support Team in WA: Email [here](#)
- [Responsibilities for Authorisation of Restrictive Practices in Western Australia](#)

Resource: MHCC Self Assessment Tool

[Home](#) [Standards Action Plan](#) [Documents](#)

1.1 Person-Centred Supports

NDIS Practice Standards: Core Module > 1. Rights and Responsibilities

Outcome: Each participant accesses supports that promote, uphold and respect their legal and human rights and is enabled to exercise informed choice and control. The provision of supports promotes, upholds and respects individual rights to freedom of expression, self-determination and decision-making.

The indicators of this Practice Standard are listed below.

Where you have evidence to support an answer, click on the Link Evidence button to attach evidence. For more guidance on examples of actions and evidence, refer to [MHCC's evidence guide](#) for 1.1 Person-Centred Supports.

Not Started
0%

NEXT ASSESSMENT

Filter:
✓ ALL QUESTIONS ▾

Evidence Pack

LINK EVIDENCE

OPEN EVIDENCE PACK

There are 0 evidence document(s) attached

Internal Audit Tool & Guide

[illegible]

Other Support Options

- Internal Policies and Procedures
- External Supervision
- NDIS Community and Stakeholder Meetings
(1st Wednesday of the month)
- Behaviour Support Community of Practice
(2nd Thursday of the month)
- ARP – Department of Communities

Any final questions?



“Understanding why a...[person’s behaviour] is challenging is the first and most important part of helping them.”

-Dr Ross Greene



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WAAMH CARE Hub



Collaborative and Responsive Engagement





WAAMH CARE Hub



Search Bite- sized NDIS Resources



Community of Practice: L 2

NDIS Sector Readiness Project

WAAMH NDIS Capabilities Training

WAAMH NDIS Capabilities Training 3

Positive Behaviour Support

Bite- sized NDIS Resources

SEE MORE

▼ Student Hub

Explore

▼ W.A. Mental Health Network

Explore



Bite- sized NDIS Resources

Complex ideas in digestible form.

Create



Feed

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Members

Select All

Collapse All

Overview

▼ Entree: Practice Standards and Quality Indicators



≡ Practice Standards and Quality Indicators - What?



≡ Practice Standards and Quality Indicators - Why?



Thank You

Please note:
You will be sent a link to a
short quiz to be completed
over the next week.

This will assist you in
integrating your knowledge
from today's session.

ready4qsc@waamh.org.au



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