

Behaviour Support

Who is this information for?

People with intellectual and/or developmental disabilities

Family members

Disability support workers

What is Behaviour Support?

Behaviour support is about creating individualised strategies for people with intellectual and/or developmental disability to reduce behaviours of concern that impact daily routines.

Which supports can you seek?

Behaviour Support Services

Specialist disability practitioner – medical

Psychologist/psychiatrist

Disability specific organisations- such as CDDH, Amaze and Yooralla

Behaviour as a form of communication

People with intellectual and/or developmental disabilities may present behavioural concerns as a form of their communication. It is important to understand that these behaviours of concern may be due to a change in surroundings, the person's likes and dislikes, or it may be due to a deterioration in health and/or wellbeing – such as physical health, or mental health concerns.

What are behaviour charts?

Behaviour charts are simple documents that track behaviours of concern which may impact daily routines for a person with an intellectual and/or developmental disability.

Behaviour charts are important when discussing past behaviours of concern with any medical teams. Behaviour specialists can assist in preparing and supporting behaviour support plans for the future.

If you require support regarding a behaviour chart, please contact the Centre for Developmental Disability Health - Ph: 03 9792 7888.

Behaviour Support Plans

People with intellectual and/or developmental disabilities may present with behaviours of concern and may need to be supported by a Behaviour Support Plan (BSP) to improve quality of life. A BSP may reduce the impact of behaviours of concern. A BSP is developed to assess the cause of behaviour and intended to reduce the need for restrictive practices. Prior documentation may involve a behaviour chart (as above).

A BSP may identify environmental causes and help support behaviours of concern relating to environmental factors, this will ensure safety for the person with intellectual and/or developmental disability and their supports and other residents (if living in shared accommodation). A BSP aims to adjust behaviours and teach a person new skills to address and manage behaviours. Disability service providers develop a BSP's in collaboration with you.

Please note- The NDIS requires that anybody that provides behaviour support services must be a registered provider of specialist behaviour support.

To learn more or for an example of a BSP tool: [click here](#)

Where can I find out more?

[Behaviour support \(NDIS Commission\)](#)

[Notification of behaviour support practitioners \(NDIS Commission\)](#)

[Supporting high and complex needs with positive and proactive engagement \(Yooralla\)](#)

[What is Positive Behaviour Support \(PBS\) \(OC Connections\)](#)

[Information and support for people with autism \(Amaze\)](#)

Note: If you regularly see a health professional, we encourage you to continue your care and support during COVID-19..