
How involved do I want to be in my behaviour support planning?

An easy read document to help me decide



The
Right
Direction

Working together on positive
behaviour support (PBS)

Important or new words

In this paper, some words might be new to you.

These words are explained on this page.



An **idea** is what you think or say should happen.



A **behaviour** is what you do to show what you need or how you feel.



A **behaviour of concern** is what you might do or say when you do not know how to show what you need or feel in a safe way.

This can sometimes hurt you or other people.



A **behaviour support plan** is a plan to keep you and others safe during a behaviour of concern.

It is also called 'your plan' in this document.



When we say **practitioner** in this paper, we mean your behaviour support practitioner.



Participation means taking part in something.

You can choose how involved you want to be in making and using your behaviour support plan.

Choosing how involved I want to be in my plan



A scale can be used to work out the best way to include people in doing something, like making a plan.



My practitioner will use a scale to help me say how included I want to be in my behaviour support planning.

This helps me be in charge of my plan.



I can choose the way I want to be included using the scale.

I can use the scale to show changes to how I want to be included in my planning.

I can change my mind at any time by telling my practitioner.

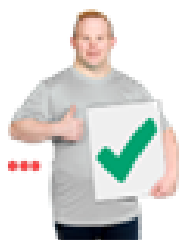


To help me choose how involved I would like to be, my practitioner will:

talk with me,

listen to me, and

respect my choices.



I can ask to see my plan at any time.

I can ask to change my level of involvement at any time.

The levels I can choose



I can choose how involved I want to be in the development of my behaviour support plan

I can be:

- very included,
- partly included, or
- not included for now.



My support network can still help with my plan, even if I choose to not be included for now.



I can change my level of inclusion at any time to take part more or less. It is my choice.



Very included

Choosing to be fully included means I work together with my practitioner to make my plan.

What can I choose?



- Creating the plan together: I am in charge. I might help my practitioner write the plan.

My practitioner will support me to decide what happens when developing and reviewing my plan.

- Deciding together: My practitioner and I will make decisions about my plan together.
- Creating the plan mainly with my support network, including their ideas and help.

My practitioner will talk to my support network about how to best help me.

My practitioner may involve me by checking in before making decisions about my plan, if I wish.



What will happen?

I will have a say in:



- what is in my plan,
- how my plan is written, and
- how my support staff and family members will use my plan to help me.



How will this happen?

My practitioner will work with me (and my support network). Together, we will share ideas for my plan.

They will help me make choices about:

- how my plan is written,
- what is in my plan, and
- how my support staff and family members will use my plan to help me.



My practitioner will choose how best to use my ideas in my plan.



Partly included

Choosing this level means my practitioner talks to me and my support network about ideas for my plan.

What can I choose?



The practitioner will talk to my support network about ideas for my plan.

I can choose:

- if I want to talk to the practitioner about my plan, or
- not to talk to the practitioner about my plan.



My practitioner will then make the decisions for my plan for me. They will tell me what is in my plan.

What will happen?



My practitioner will talk to my support network about their ideas. If I choose, my practitioner will also ask me about your ideas.

My practitioner will ask for ideas about:



- what I would like in your plan,
- what I think about my written plan, and
- how my support staff and family members use my plan to help me.

How will this happen?



- My practitioner will:
- say what they will do,
- listen to ideas, and
- tell me if they will use my ideas or my support network's ideas in the plan.



Not included for now

Choosing this level means I will not be part of making my plan right now.

What will happen?

My practitioner will make my plan, by:

- talking to my support network, and
- reading things about me, or
- watching me to see what I do so they can make a good plan for me.



My choices

I can choose how much my practitioner talks to me and say if I do not want to talk at all.



I can also choose if I have the information about my plan or not. I can change my mind about this at any time.

My practitioner will make sure I get information about my plan in the way I need it.



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