

What is a behaviour support plan?



**Restrictive
Practices Unit**



Easy Read information.



This guide uses simple words and pictures to explain information. This makes information easier to understand.

This guide has some hard words. The word will be written in **bold**.

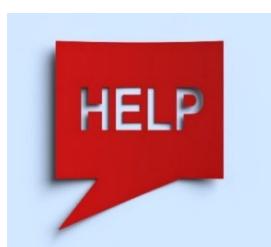
We explain what the hard word means.



This guide is written by the **Restrictive Practices Unit**.

The Restrictive Practices Unit are people in Government who make sure that laws for restrictive practices are followed.

Get help.



It's okay to ask for help to read this information.

Ask a friend, family members or support person for help.

What is a behaviour support plan?



A **behaviour support plan** describes how people who support you will help you be safe so you can live your best life.

A behaviour support plan could include:

- Your name.
- Your age.
- Where you live.
- The things you like and do not like.
- Ways to help when things are not going well.



You can ask to know what is in your plan.

You can tell people how you feel about what is in your plan.

What is a behaviour support practitioner?



A **behaviour support practitioner** is a person who is trained to understand people and their behaviours.

The behaviour support practitioner will write your behaviour support plan.

The behaviour support practitioner must explain to you or the people who look after you about what is in the plan.

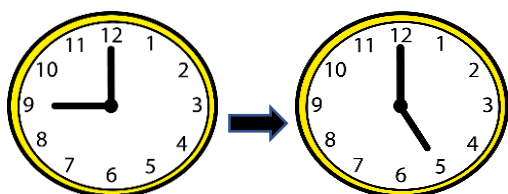
Contact the Restrictive Practices Unit.



Call us:

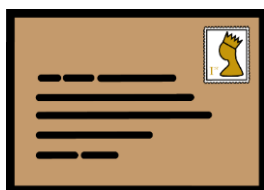
1800 862 004

You can call us Monday to Friday
between 9:00am and 5:00pm.



Email us:

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Write to us:

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Written by the Restrictive Practices Unit – Department of Human Services.