

Independent Person Toolkit:

For the Independent Person, people with a disability and disability service providers

January 2014

*Supporting people to achieve
dignity without restraints*

Accessibility

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About this toolkit

This toolkit will tell you who can be an Independent Person and what an Independent Person has to do.

This toolkit has:

1. Information about the Independent Person for everyone,
2. Information for Independent Persons,
3. Easy Read information about the Independent Person,
4. Information for disability services providers about Independent Person.

Important words used in this toolkit

The Independent Person

- A person who knows the person with a disability well (e.g. family, friends), and
- Someone who is independent which means, not involved in providing disability services to the person with a disability.

The Authorised Program Officer

The Authorised Program Officer is a senior staff member who makes sure an Independent Person is available to explain to the person with a disability the proposed restraint or seclusion:

The Authorised Program Officer has to say:

- Why restraint or seclusion will be included in the person's behaviour support plan, and
- That the person with a disability can ask for a review of the decision to include the use of restraint or seclusion in their behaviour support plan, and
- That they think that it is okay to use the behaviour support plan.

Restrictive interventions

Any intervention that is used to restrict the rights or freedom of movement of a person with a disability, and includes chemical restraint, mechanical restraint, physical restraint and seclusion.

A disability service provider must follow rules to use restrictive interventions. These rules are in the *Disability Act 2006*.

Behaviours of concern

Behaviours of concern are behaviours that individuals show, which:

- Are behaviours that may cause physical harm to the individual, others or property and
- Are likely to make it hard for the person to participate and be included in society if nothing is done.

Part 1: Information about the Independent Person for everyone

What is an Independent Person?

An Independent Person is involved when a disability service provider plans to use a restrictive intervention with a person with a disability.

The Independent Person's job is to explain to a person with a disability, why restraint or seclusion has been included in their behaviour support plan and that the person has the right to seek a review if they are unhappy with the proposed restraint or seclusion.

The Independent Person's role is described in section 143 of the *Disability Act 2006*.

What does the Independent Person do?

Special rules apply when restrictive interventions are being used with a person with a disability who shows behaviours of concern.

The decision to use a restrictive intervention is made at a meeting. The meeting will usually involve the person with a disability, the person's guardian if they have one, support workers, and should include the Independent Person.

When restraint and seclusion is proposed the Independent Person has to:

1. Explain the restrictive intervention to the person with a disability, including what will be done, how it will be done, and when it will be done,
2. Explain to the person with a disability that they have a right to question the use of restrictive interventions and
3. Explain to the person with a disability what, how, and why their behaviour support plan is being changed.

If the Independent Person is concerned about the behaviour support plan and its impact, they can make a referral to the Public Advocate and/or the Senior Practitioner.

The Independent person and disability service provider must provide information to the person with a disability in a way that they can best understand. It is important to explain the proposed restraint or seclusion to the person using communication supports/aids that are meaningful to the person with a disability. For example photos, easy read documents, line drawings.

When is an Independent Person not needed?

An Independent Person is not required when it is a regular review meeting and there is no increase in restrictive interventions, as long as the behaviour support plan was reviewed within the last 12 months and there was an Independent Person available at that review.

Who can be an Independent Person?

Independent is the important word in Independent Person. Independent means someone who does not have an official interest in a disability service provider who is providing services to the person. People who have an interest include, paid support staff, anybody else employed by the person's disability support provider, and anyone who has a financial or business interest in the disability support provider. These people cannot be an Independent Person.

The Independent Person role is best suited to someone from the person with a disability's immediate social network such as family members, friends, neighbours, or local club members. The best Independent Person is someone who knows the person well and can effectively communicate with the person with a disability.

Who chooses the Independent Person?

The person with a disability can suggest an Independent Person and should be someone who knows the person well. Usually the Authorised Program Officer from the person's disability support provider will be involved in identifying an Independent person. The person with a disability can say if they don't agree with a suggested person or do not think they are independent. The Authorised Program Officer then needs to find someone else.

It is the job of the Authorised Program Officer to make sure all people with a disability have an Independent Person available when behaviour support plans and restrictive interventions are being proposed, reviewed or changed.

It is also good practice for the Authorised Program Officer to provide copies of update communication assessment reports and any communication aids to the Independent Person so that they can communicate with the person in a meaningful way.

Part 2: Information for Independent Persons

Who needs to be consulted in the development of a behaviour support plan?

- The person with a disability,
- A guardian, if one has been appointed,
- People from the team supporting the person, including people from other service providers and
- Other people that know the person well and can help e.g. family, friends, professionals and the Independent Person,

What should happen when a behaviour support plan is being developed?

The development of a behaviour support plan will be different for each person. The needs of person with a disability must be considered at all times and every effort should be made to involve the person with a disability in the process.

It is important that any discussion about the proposed restraint and seclusion is done in a friendly atmosphere where everyone feels safe. The needs of the person with a disability must be thought about at all times: how do things need to be explained, how long can they sit in a meeting for, how can they let us know when they need to take a break, should it be one meeting or a couple of meetings with a day in between?

These things need to happen when developing a behaviour support:

1. Everyone who is consulted in the development of a behaviour support plan needs to know about the behaviour of concern,
2. Everyone needs to know how support staff have been responding to the behaviour,
3. Everyone needs to know of any proposed changes to the way that staff will respond – including, any restrictive intervention that is being proposed,
4. The person with a disability needs to have a chance to say what they think about any proposed changes,
5. The Independent Person needs to have a chance to say what they think about the proposed changes,
6. The Independent Person needs to decide if every effort has been made to explain the proposed restraint or seclusion and behaviour support plan to the person with a disability and decide if they have understood the plan,

7. The Independent Person needs to decide if they think that the behaviour support plan is reasonable and meets the requirements of the *Disability Act 2006*. Please refer to the checklist in the attachments section of this toolkit for information about what the *Disability Act 2006* asks for in a behaviour support plan.

If the behaviour support plan is okay, the disability support provider finalises the behaviour support plan and submits it to the Authorised Program Officer for approval.

If the behaviour support plan is not okay, the Independent Person should contact the Public Advocate or the Senior Practitioner, or can help the person with a disability ask for a review by the Victorian Civil and Administrative Tribunal.

The role of the Independent Person

The Independent Person's role is to help the person with a disability understand their behaviour support plan and the proposed use of restraint and seclusion.

The Independent Person needs to think about a number of things:

- The behaviours of concern shown by the person with a disability,
- Current strategies that are being used to respond to behaviours of concern, and their effectiveness,
- The proposed restraint or seclusion that is being suggested, and their potential effectiveness for reducing harm to the person with a disability, other people, or property,
- Whether the proposed strategies seem reasonable and are the least restrictive,
- Whether there might be other strategies that are least restrictive to the person with a disability.

Preparing to talk to a person for whom restraint or seclusion is being proposed

The Independent Person needs to consider how to best explain all of the information relating to the use of restraint and seclusion to the person with a disability. They need to listen and respond to the person with a disability. The Independent Person could ask for advice about the communication abilities of the person they will be supporting. They might need to contact a speech pathologist and/or alternative communication specialist to find out more information about how to best communicate with the person to ensure the person with a disability understands what is being said about them and what their rights are. The Authorised Program Officer can assist the Independent Person to locate a speech pathologist and/or alternative communication specialist if one is needed. Please refer to the Useful Contacts information sheet

located in the Attachments section of this toolkit for the contact details for a speech pathologist/augmentative communication specialist.

Where will an Independent Person talk to the person for whom restraint or seclusion is being proposed?

The decision of where this discussion will occur with the person for whom restraint or seclusion is proposed will depend on the person's communication abilities and preferences. Examples include;

- At the person's home,
- Over the phone,
- Over Skype,
- At the premises of the disability services provider and
- Other places the person feels comfortable.

What the Independent Person needs to do after speaking to the person for whom restraint or seclusion is being proposed?

The Independent Person needs to speak to the Authorised Program Officer. They need to talk to the Authorised Program Officer about the following things:

- Whether the person with a disability appears to understand the proposed restraint and seclusion,
- If the person did appear to understand, did they appear to agree to behaviour support plan and the proposed restraint or seclusion,
- Whether they, as the Independent Person, agreed that the behaviour support plan and the restrictive interventions are reasonable.

If the person with a disability is not able to understand the inclusion of the use of restraint or seclusion in the behaviour support plan and the requirements in the *Disability Act 2006* are not being complied with, the Independent Person should contact the Senior Practitioner or the Public Advocate for further advice.

The Independent Person can also advise the person with a disability of their right to ask the Victorian Civil and Administrative Tribunal to review the decision. The Authorised Program Officer must assist in doing this. If the Independent Person is concerned about the quality of service that the person with a disability is getting they should contact the Disability Services Commissioner.

Example: Talking to a person for whom restraint or seclusion is proposed

Example 1: The person with a disability needs to be aware of why the Independent Person is talking to them about the proposed restraint or seclusion

Disability Service Provider: *"David, today we are talking about when you get angry. We will be talking about when you hit other people or threaten them. We will be talking about what to do when you get angry."*

Independent Person: *"David, you know how sometimes you get really angry?"*

Person with a disability (David): *"Yeah, sometimes I get angry"*

Independent Person: *"Well today we are going to talk about what the staff can do to help you when you get 'angry' so that everyone stays safe. Is this all right with you?"*

Person with a disability (David): *"OK"*

Example 2: Assisting the person to understand how staff plan to respond when the person shows certain behaviours

Disability Service Provider: *"David we have come up with a plan of what to do when you get angry. As a first step, staff will ask you to sit with them and talk about how you are feeling and why. We will use your feelings book to try and work out why you are getting angry. If that does not work, staff will ask you to calm down using the relaxation strategies in your social story. Staff can help you do the relaxation strategies if you like. If that does not work, we will ask you to go outside in the backyard and jump on the trampoline. If you are still angry, and you invade staff's personal space and begin threatening them we give you a tablet to help you calm down and will lock you in your bedroom for 5 minutes."*

Independent Person: *"So what's the first step David?"*

Person with the Disability (David): *"I will go to my room."*

Independent Person: *"I think you missed a few steps David – let me show you some photos. Here is a photo of you; talking with staff using your feelings book, a photo of you doing your relaxation strategies, a photo of jumping on your trampoline, a photo of you taking a tablet to calm down and the last photo is of you in your room with the door locked. The first step is talking to staff using your feelings book. Then, if you're still angry, you should ..."*

Person with the Disability (David): *"Do my relaxation strategies."*

Independent Person: *"So David can you point to the photo's to tell me what the next steps are?"*

Person with the Disability (David): *"Yes, here is the next step (points to photo of jumping on the trampoline then taking a tablet) and this is the last step (points to photo of being locked in his room)."*

Independent Person: *"Well done David."*

Example 3: Explaining the reason why the person is receiving medication (chemical restraint) and being locked in their room (seclusion).

Disability Service Provider: *"When you are feeling angry and your strategies are not working we will lock you in your room for 5 minutes so that you and other residents in the house aren't hurt."*

Independent Person: *"So, David do you understand why the staff ask you to go to your room? Independent Person shows a photo of one person hitting another."*

Person with the Disability (David): *"Yes so I don't hit anyone."*

Independent Person: *"Why do you think staff give you a tablet to calm down and lock you in your room for 5 minutes?"*

Person with the Disability (David): *"So I don't hit people and I can calm down."*

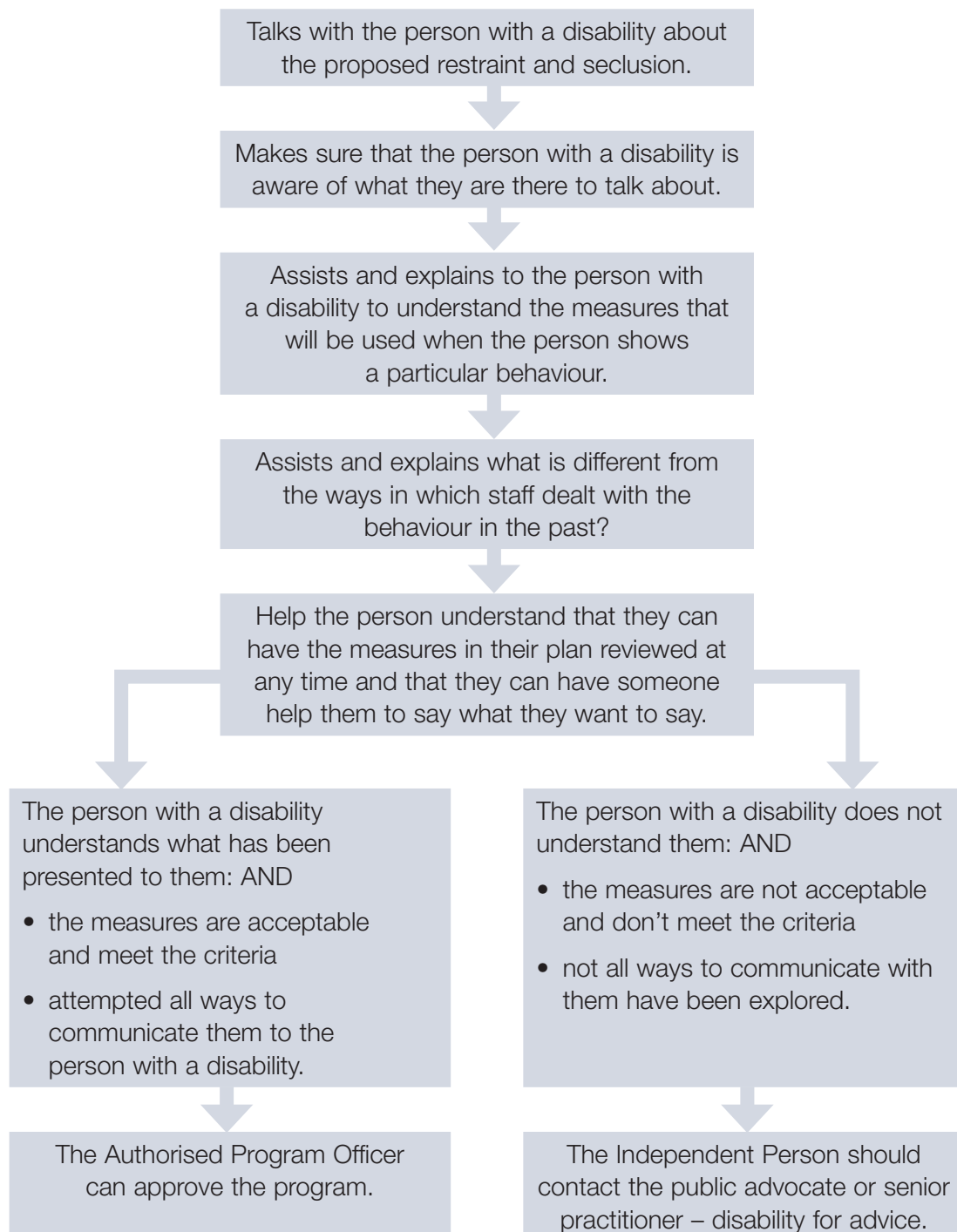
Independent Person: *"Are you happy about being locked in your room?"*

Person with a disability: *"No."*

Independent Person: *"David you have the right to have this decision heard by a judge. Independent Person shows David a picture of court with a judge."*

Person with a disability: *"Yes I want to go to a judge. I don't want to be locked in my room."*

Decision making flowchart for the Independent Person



Part 3: Information for people with a disability about the Independent Person



About behaviours of concern and restrictive interventions



Some people use behaviours of concern. They might hurt other people. They might hurt themselves. They might break things.

Sometimes restrictive interventions are used with people who use behaviours of concern. A restrictive intervention is something that may stop a person from hurting themselves or other people.

Here are some restrictive interventions:



1. Taking tablets to stop behaviours. This is called chemical restraint.



2. Stopping someone from moving around, such as using things like arm wraps. This is called mechanical restraint.



3. Locking someone in a room so they can't get out for a set period of time. This is called seclusion.



4. Holding a part or all of a person's body so that they can't harm themselves or others. This is called physical restraint. There are special rules about physical restraint. These rules are in the *Disability Act 2006*.



5. Stopping someone from accessing things that other people in the community can access. For example locking front doors or kitchen cupboards, or having staff with you all the time in case behaviour of concern happens. These are called "other" restrictive interventions.



Using restrictive interventions is very serious.

Disability service providers have to follow rules before they use restrictive intervention. These rules are in the *Disability Act 2006*.

Asking for permission to use restrictive practices



Disability service providers have to talk with everyone involved in the plan. This can be done by having a meeting. They have to invite the person with a disability to the meeting. They should invite a person called an Independent Person.



An Independent Person is someone who knows the person with a disability. It could be family or friends. It cannot be someone who is paid to support the person with a disability.



The person with a disability can say “yes” or “no” to someone who wants to be an Independent Person. They can ask for a different person to be their Independent Person.

The job of the Independent Person



The Independent Person has to help the person with a disability understand the behaviour support plan.

It is important that the Independent Person think about the best way to communicate with you.

The Independent Person has three jobs.



1. They help you understand the behaviours that people are concerned about.

2. They help you understand how other people want to respond to behaviours of concern.



3. They help you understand why staff want to use restrictive interventions.

What happens after you talk with the Independent Person

The Independent Person needs to answer 3 questions.



1. Did the person with a disability understand what was said?



2. Did the person with a disability agree with the plan for restrictive intervention?

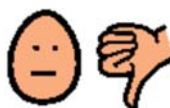


3. Did the restrictive intervention sound like the best way to stop the person with a disability hurting themselves or others?

Your rights about restrictive interventions and behaviour support plans



Some people with disabilities can understand and make decisions about their behaviour support plan.



The person with a disability can say if they are not happy with the plan.



They can ask their Independent Person to help change the plan.



They can ask the Independent Person to contact other people for help.

They can ask the Independent Person to get help from the Victorian Civil and Administrative Tribunal (VCAT). VCAT is like a court that can make decisions when people don't agree. They can look at the plan and work out if it is fair.

If you want more information about the Independent Person?



You can ask your support worker for information about the Independent Person and their role in your life. They have to give this information.

Part 4: Information for disability services providers about Independent Persons

Finding an Independent Person

Disability service providers and Authorised Program Officers must ensure that an Independent Person is available for people with a disability who are subject to restraint or seclusion.

An Independent Person must not have an *interest* in the disability service provider who is providing services to the person. Therefore, an Independent Person cannot:

- Be a representative of the disability support provider or a paid support worker
- Have any interest in the disability support provider that is providing disability services to the person with a disability. For example, a person from the provider's committee cannot be the Independent Person.

Recommendations by the Senior Practitioner

The Senior Practitioner recommends that the role of the Independent Person is best met by someone who meets all the following criteria:

The Independent Person:

1. Is from the personal or informal support network of the person with the disability or is a representative of the community that knows the person well
2. Understands the importance of maintaining confidentiality as there will be matters presented that are highly sensitive
3. Has an awareness and knowledge of intellectual disability
4. Is familiar with the person with a disability's communication or knows where to ask for advice about their communication. They might need to contact a speech pathologist and/or alternative communication specialist to find out more information about how best to communicate with the person.

Examples of who can be an Independent Person

Some people to consider as an Independent Person may be:

- Neighbours
- Community member/volunteer
- Parents
- A guardian appointed by VCAT
- Siblings
- Grandparents

- Friends
- Significant others
- Aunts, uncles, or cousins
- Member of a community health centre
- Member of a church or religious group
- Member of local clubs such as Rotary or Lions.

How to find an Independent Person

There are many people and documents that might help to point to the best person to be an Independent Person.

You could talk to the person with a disability. You can ask key staff or other people who know the person well.

You could look at the documents about the person such as their *Person Centred Plan*, or behaviour support plan.

The person might have other important reports like a communication assessment.

Assisting the person with a disability when they want a review of the restrictive interventions

Sometimes the person with a disability or their Independent Person might want a behaviour support plan reviewed. They might think that the plan is incorrect or unfair. They might think that the rules for behaviour support planning as per the *Disability Act 2006* have not been followed properly.

The Independent Person can ask for advice from the Public Advocate or the Senior Practitioner.

The Disability Support Provider must offer assistance to the person with a disability to make an application to the Victorian Civil Administrative Tribunal (VCAT). The offer of assistance could include direct assistance, referral to an advocacy service, or contacting VCAT directly.

How often should the Independent Person be involved?

An Independent Person must be involved in explaining information to a person with a disability whenever the inclusion of restraint or seclusion in the behaviour support plan is proposed, reviewed or if there is a proposed increase to restrictive interventions.

However, an Independent Person does not need to be involved if a review is part of case management process or progress evaluation that is taking place on a regular basis, and there is no increase in restrictive interventions and as long as the behaviour support plan was reviewed in the last 12 months and there was an Independent Person available at that review.

For example, when restraint in a behaviour support plan is reviewed and there is no increase in restrictive interventions, there is no need for an Independent Person to be involved in explaining the restrictive interventions in the revised plan since there was an Independent Person available at that review.

However the Senior Practitioner – Disability and the Public Advocate suggest that best practice would involve the use of an Independent Person if the revised plan still continues with the use of restrictive interventions.

Examples on how to choose an Independent Person

Michael

Michael is an 8-year-old boy who goes to respite once a month. Michael is not able to use the toilet independently and sometimes plays with his soiled incontinence aid. The respite wants to use a body suit to stop Michael doing this; this would be a mechanical restraint. Michael lives with his parents. They are the best people to be his Independent Person.

Jane

Jane is a 32-year-old woman who has lived in shared supported accommodation since she was 18 years old. Jane's mother has four other children and although she visits Jane on a regular basis, chooses to leave the care and decision making for Jane to the disability support provider. Jane has an older sister who visits occasionally. The disability support provider has gained approval to use seclusion for short periods of time when she starts to damage property and hurt another person.

By reviewing Jane's behaviour support plan, it becomes clear that the disability support provider makes all of the decisions relating to Jane. However, it would be possible to approach Jane's sister to be the Independent Person when explaining the use of seclusion to Jane.

What to do if the disability service provider cannot find an appropriate Independent Person?

- If attempts at identifying an Independent Person have failed the Authorised Program Officer should contact the Public Advocate or Senior Practitioner for further advice.

Part 5: Attachments

Useful contacts for the Independent Person

Office of Professional Practice Senior Practitioner – Disability

Role: to protect the rights of people with disabilities subject to restrictive interventions

Level 24, 50 Lonsdale Street
Melbourne Vic 3000
Telephone: (03) 9096 8427
www.dhs.vic.gov.au/ds/osp
Email: seniorpractitioner@dhs.vic.gov.au

Disability Services Commissioner

Role: to investigate complaints relating to the quality of disability services that the person with a disability is receiving.

Level 30, 570 Bourke Street
Melbourne Vic 3000
Telephone: 1800 677 342 (free call)
Telephone: 1300 728 187 (local call)
TTY: 1300 726 563
www.odsc.vic.gov.au

Communication Resource Centre

Role: information, advice, resources and services relating to the many aspects of communication disabilities

830 Whitehorse Road, Box Hill
Telephone: 9843 2000
Facsimile: 843 2033
Website: crc@scopevic.org.au

Office of the Public Advocate

Role: to support services and actions that promotes the rights of people with disabilities and protects them from exploitation and abuse.

Level 1, 204 Lygon Street
Carlton Vic 3053
Telephone: (03) 9603 9500
Toll free: 1300 309 337
www.publicadvocate.vic.gov.au

Victorian Civil and Administrative Tribunal – Human Rights Division

Role: deals with disputes relating to guardianship, discrimination and matters relating to the *Disability Act 2006*

5/223 William Street
Melbourne VIC 3000 Australia
Postal Address:
GPO Box 5408
Melbourne VIC 3001 Australia
Email: vcat-hrd@justice.vic.gov.au
Telephone: (03) 9628 9911
Toll Free: 1300 079 413
(Country callers only)
Facsimile: (03) 9628 9932

Checklist for Independent Persons

What the Disability Act asks for in a behaviour support plan

This checklist describes the requirements that the *Disability Act 2006* states need to be contained in a behaviour support plan (BSP).

The Independent Person is asked to consider if “the requirements of sections 140, 141, 142 and 143” are complied with.

If the Independent Person does not believe that these requirements have been met they can refer the matter to the Public Advocate or the Senior Practitioner. (Section 143 (2) (b)).

What the Disability Act asks for in a behaviour support plan – checklist for Independent Persons		
Tick	Requirements	Comments
<input type="checkbox"/>	Is there a planned review within 12 months? Is the behaviour support plan (BSP) authorised for no more than 12 months (Section 142 (1) (a))	
<input type="checkbox"/> <input type="checkbox"/>	Does the person receive services from another disability service provider? If yes have the other disability service providers been consulted? <ul style="list-style-type: none"> • The names of any other services that are providing support are identified • Evidence that the other service provider has been consulted in the development of the plan (e.g. shared BSP, notes within the BSP) (Section 142 (3) (c) and (d) and Section 52 (2) (k))	The Independent Person is asked to consider if this criteria has been met
<input type="checkbox"/> <input type="checkbox"/>	Is Independent Person identified in the behaviour support plan? <ul style="list-style-type: none"> • The name of the Independent Person is identified • The phone number of the Independent Person is identified (Section 143)	The Independent Person is asked to consider if this criteria has been met
<input type="checkbox"/>	Has the person with the disability been consulted? <ul style="list-style-type: none"> • The person to whom this plan applies is identified as being consulted in the development of the plan (Section 141 (3) (a))	
<input type="checkbox"/>	Does the person with the disability have a guardian? If yes, have they been consulted? <ul style="list-style-type: none"> • The person to whom this plan applies has a guardian who is identified as having been consulted in the development of this plan (Section 141 (3) (b))	The Independent Person is asked to consider if this criteria has been met

What the Disability Act asks for in a behaviour support plan – checklist for Independent Persons

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>Does the behaviour support plan demonstrate:</p> <p>That the restraint or seclusion is necessary to prevent the person from causing physical harm to themselves or any other person; or</p> <p>That the use of restraint or seclusion is necessary to prevent the person from destroying property where to do so could involve the risk of harm to themselves or any other person?</p> <ul style="list-style-type: none"> • There is a clear description of the behaviour of concern - a description that is clear, specific and easily understood by others and is in accordance with section 140 (a) of the Act. • There is an identified frequency of the behaviour of concern. This can include known dates of when the behaviour last occurred • There is an identified duration of the behaviour of concern • There is an identified intensity of the behaviour of concern (the risk of or the actual harm to self or others is stated) <p>(Section 140 (a) (i) and (ii))</p>	<p>The Independent Person is asked to consider if this criteria has been met</p>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>Does the behaviour support plan demonstrate that the use of restraint or seclusion is the option which is the least restrictive of the person as is possible in the circumstances?</p> <p>For routine and PRN chemical/mechanical/seclusion or other restraint –</p> <ul style="list-style-type: none"> • Description of what was tried before the service arrived at the point where <i>this restriction at this level</i> is deemed the least restrictive option for the person? <p>Do the de escalation strategies contain:</p> <ul style="list-style-type: none"> • A clear explanation of what the person's presentation looks like (when they initially show they are becoming upset, when they escalate and when they return to a calm state); • Along with clear description of staff response matched to the person's presentation; and • The responses are from least (initial response) to most restrictive (restrictive intervention)? • Do the responses (de-escalation) to warning signs of behaviours of concern contain at least two strategies before the restriction is used, e.g.: <ul style="list-style-type: none"> – Prompt the person to use the replacement behaviour – Relaxation – Problem solving or attempt to meet the person's need – Active listening – encourage communication – Change the environment – Position self safely – Inject humour – Withdraw interaction for brief planned period of time <p>(Section 140 (b) and Section 141 (2) (c))</p>	<p>The Independent Person is asked to consider if this criteria has been met</p>

What the Disability Act asks for in a behaviour support plan – checklist for Independent Persons

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>Does the behaviour support plan state the circumstances in which the proposed form of restraint or seclusion is to be used? Section 141 (2) (a)</p> <ul style="list-style-type: none"> • Do <i>all restrictive interventions</i> have a logical link to behaviour of concern? • Do <i>all restrictive interventions</i> have a clear description of the circumstances in which the restraint will be used? (what is happening, when it happens and how it is applied) • Do routine chemical restraints include drug, dose, time/frequency, and route? • Do PRN chemical restraints include what the person's presentation looks like in order for the medication to be offered, the dose, maximum dose able to be given in a 24 hour period, the minimum time between doses, the maximum of each single dose, and should indicate what level of use would trigger a review by the doctor. • Do mechanical restraints state what is being used, how it is applied, for how long and in what circumstances it will be applied and removed? • Does seclusion state where and for how long the person is secluded, as well as what the person's presentation looks like for seclusion to be initiated, how often they will be checked, how their dignity is maintained (see section 140 (d) <i>Disability Act 2006</i>), and what the person's presentation looks like in order for seclusion to be ceased? • Do "other" restrictive interventions have a clear description of what is happening, when and how? <p>Note: physical restraint cannot be included within a BSP – please contact the Office if physical restraint is being used.</p>	<p>The Independent Person is asked to consider if this criteria has been met</p>
<input type="checkbox"/> <input type="checkbox"/>	<p>Does the behaviour support plan explain how the use of restraint or seclusion will benefit the person? (Section 141 (2) (b))</p> <ul style="list-style-type: none"> • There is a description of how <i>the person</i> benefits from the use of the restraint. • For chemical restraint, there is a description of what the prescriber expects to see as a benefit for the medication that the person is taking. 	<p>The Independent Person is asked to consider if this criteria has been met</p>

