



Positive Behaviour Support

Aspect Australia



Easy English

Blue words



Some words in this book are **blue**.

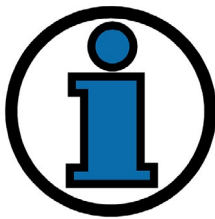
We write what the blue words mean.

Help with this book



You can get someone to help you

- understand this book
- find more information.



Contact information is at the end of this book.

About this book



This book is from Aspect Australia.



This book is about **Positive Behaviour Support** or PBS.

Positive Behaviour Support means what we do to help you if you



- do something that is **not** safe for you



- do something that is **not** safe for someone else

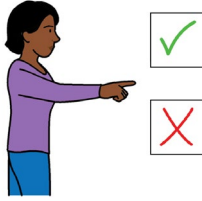


- do things that make it hard for you to have a good life.

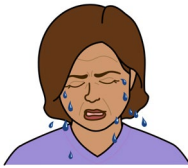


Positive Behaviour Support can help you to

- do the activities you want to do



- make your own choices



- cope with how you feel



- speak up about what you want and need.



Positive behaviour support can be used

- at home



- at school



- in the community.



To use Positive Behaviour Support we work with

- you
- your family
- other people who support you.



You do **not** get in trouble when we use Positive Behaviour Support.



Positive Behaviour Support is about

- how to make places safer
- how people can support you better
- how you can learn new skills.





We will use Positive Behaviour Support to make our places safe for autistic people.



We can use Positive Behaviour Support in different ways.

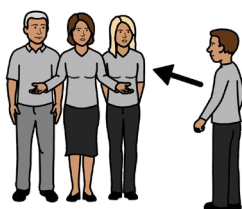


Positive Behaviour Support can

- help you learn new behaviours



- help you learn new skills.



Our staff will learn about Positive Behaviour Support

- when they start to work with us



- before they start to work with you

- after they work with you.

Restrictive practices



We sometimes use **restrictive practices**.

Restrictive practices are ways we can protect you from doing something that is **not** safe for

- yourself
- someone else.



1	_____
2	_____
3	_____
4	_____

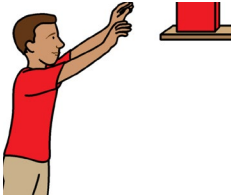
We **only** use restrictive practices

- if it is in your care plan
- in an emergency.



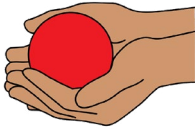


Restrictive practices can take away
your **rights**.



Rights are the things that everyone should be
able to

- get



- have



- do.

For example, everyone should be able to go
where they want to go.

Restrictive practices can include



- physical restraints

For example, holding someone so they **cannot** move



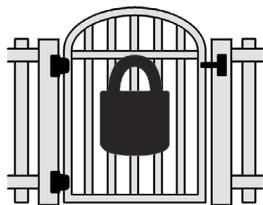
- chemical restraints

For example, medicine to calm someone down



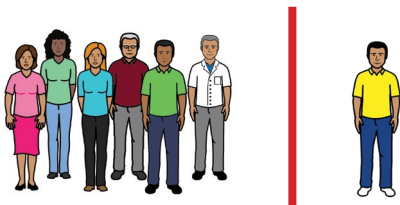
- mechanical restraints

For example, equipment to keep someone safe



- environmental restraints

For example, a locked gate



- seclusion

For example, when someone is kept away from other people

More information



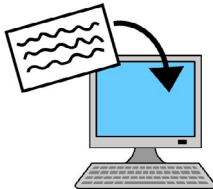
For more information contact
Aspect Australia.



Call
1800 277 328

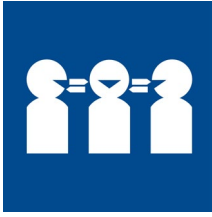


Website
aspect.org.au



Email
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If you need help with English



Use the free Translating and Interpreting Service or TIS to make a phone call.

You can call the TIS in your language.



Call 131 450

Give the TIS officer the phone number you want to call.

If you need help to speak or listen



Use the National Relay Service to make a phone call.

You must sign up to the service first.



Website accesshub.gov.au/nrs-helpdesk



Call 1800 555 660

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