

*helping  
you to live  
your best  
life*



Richmond Fellowship Tasmania has been providing support and services for people with mental illness for almost 30 years. Our staff are trained in and committed to person centred care and recovery.

Richmond Fellowship Tasmania is a not for profit QIC accredited organisation that works with people, their families and carers to improve their wellbeing.

To find out more or to donate,  
visit us online at [rft.org.au](http://rft.org.au)



**Behaviour Support  
Plans**



## What is Behaviour Support?

Behaviour support is about creating individualised strategies for people living with mental health concerns that are responsive to the person's needs, in a way that reduces the occurrence and impact of behaviours of concern and minimises the use of restrictive practices.

Under the National Disability Insurance Scheme (NDIS) Commission, behaviour support focuses on person-centred interventions to address the underlying causes of behaviours of concern or challenging behaviours, while safeguarding the dignity and quality of life of people living with mental health concerns who require specialist behaviour support.

## What is a Behaviour Support Plan?

An NDIS behaviour support plan is a document developed for a person living with mental health concerns by an NDIS behaviour support practitioner. It is developed in consultation with the participant, their family, carers, guardian, and other relevant people, as well as the service providers who will be implementing the plan.

A behaviour support plan specifies a range of evidence-based, person-centred and proactive strategies that focus on the individual needs of the participant. This includes positive behaviour support to:

- build on the person's strengths
- increase their opportunities to participate in community activities
- increase their life skills

## How can Richmond Health help?

Richmond Health's qualified mental health clinicians can assist in developing behaviour support plans in line with NDIS standards.

Each plan is tailored to the participant's individual needs and goals, and is created in close consultation with the people most important to them.

To find out more about how Richmond Health can help with Behaviour Support Plans, get in touch with us today:

phone: (03) 6228 3344

email: [referrals@rftas.org.au](mailto:referrals@rftas.org.au)

web: [rft.org.au](http://rft.org.au)