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Restrictive Practices Authorisation (RPA) News

RPA Newsletter - May 2020

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Welcome to our May issue of the RPA Newsletter. In this issue we will be discussing:

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We encourage you to help spread the word and forward the monthly RPA Newsletter on to your colleagues. Help us keep the NSW disability sector informed about restrictive practice authorisation in NSW.

COVID - 19

The NDIS Quality and Safeguards Commission, NSW Government and Council for Intellectual Disability (CID) links below provide information, resources and advice on the management of COVID19 for service providers. The first link relates to behaviour support and restrictive practices:

- **New Resource:** [COVID-19 webinar for General Practitioners](#). The discussion for this webinar was around the impact of COVID-19 on people with a disability and how to keep them safe as restrictions are eased.
 - [Coronavirus \(COVID-19\): Behaviour support and restrictive practices](#)
 - [Coronavirus Disease 2019 \(COVID-19\) Outbreaks in Residential Care Facilities](#)
 - [NDIS Commission coronavirus \(COVID-19\) information](#)
 - [Help us save lives](#)
 - [Staying safe from Coronavirus](#)
 - [Service Providers](#)
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Restrictive Practices Authorisation Panel Simulation Video

Check out our new DCJ RPA panel simulation video now live on YouTube and also accessible through our DCJ Restrictive Practices Authorisation Portal: Click [here](#)

The panel simulation is a representative example of how an authorisation panel process should occur and consider a submission while importantly, ensuring the inclusion of the participant and that their rights and needs are at the centre of the process and decision.

This production is a collaborative effort and includes Ella Darling, a professional actor with a disability. Joanne Threlfo and Ben Coombe, who are RPA Independent Specialists worker, and Cindy Hadusek and Peter Conway from the DCJ team.



University of Queensland Graduate Certificate in Positive Behaviour Support

The University of Queensland is offering a Graduate Certificate in Positive Behaviour Support designed to provide a specialised program of study to prepare professionals to support people with disabilities who present with behaviours of concern to live a life of dignity in the community.

The Graduate Certificate in Positive Behaviour Support will provide participants with a

range of knowledge, and skills to perform the Core Practitioner capabilities associated with an NDIS Behaviour Support Practitioner. For Further information click [here](#)

Timeframe: Up to 12 Months

Cost: \$7200

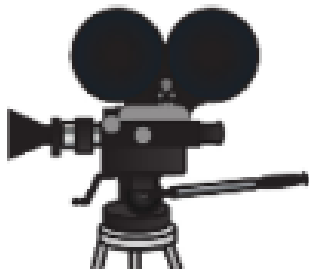
Program delivery - online: Delivery of the program will be a combination of webinars, and online education.

Mandatory sessions: The following sessions are mandatory:

- Orientation
- 1st Lecture
- 1st Tutorial

Orientation date: Monday June 15, 2020

Timetable: Start of Study June 15, 2020: Monday and Wednesday Evenings



NDS Zero Tolerance initiative!

The new *Foundations of Positive Behaviour Support* films have been officially launched as part of the NDS Zero Tolerance initiative!

The films (funded by the Victorian Government) provide an overview of PBS and then explore some of the foundational aspects that are necessary for good positive behaviour support to occur. They are a useful resource for staff training and induction and whilst they are primarily targeted towards Disability Support Workers, they are suitable for a wide-ranging audience.

All of the *Foundations of Positive Behaviour Support* films are available on the NDS Zero Tolerance [webpage](#).

The Vimeo links are provided below, please share these films with your networks.

What is Positive Behaviour Support?: [here](#)

Quality of Life: [here](#)

Listening and Communicating: [here](#)

Being Aware of Sensory Needs and Preferences: [here](#)

Upholding the Values of Positive Behaviour Support: [here](#)

The [Zero Tolerance Interactive Resource guide](#) has also been updated to include the new films and can be downloaded onto your desktop or smart phone for easy access to all of the Zero Tolerance films and resources.

If you have any questions or feedback, please get in touch with Dave Relf, National Practice Lead for the NDS Zero Tolerance initiative - dave.relf@nds.org.au

A trial of an online Restrictive Practices Authorisation System Chat function currently underway!



DCJ is excitedly trialling a Chat function in the RPA System with a group of test users.

Following the short trial, a pilot will commence with a broader test group.

The Chat function will be embedded in the RPA system and will allow users to conveniently connect directly with a DCJ Central Restrictive Practices Team member for support on any system, policy and independent specialist assignment queries.

Watch this space for further information!

Thank you for attending the National Disability Services Restrictive Practices Authorisation Webinars



Thank you for supporting these webinars aimed at building the capacity of the NSW Disability Sector around restrictive practice authorisation and implementation amidst the COVID-19 pandemic. A great success with 118 people attending across the three webinars in May.

Featuring a panel of behaviour support practitioners who are also DCJ (FACS) Independent Specialists, the sessions were designed to provide the NSW sector with practice support around some of the RPA challenges presented by the COVID-19 environment.

The sessions were recorded, and NDS are currently transcribing a summary of the discussions and key questions raised and uploading the recordings to their webpage.



Environmental restraint or seclusion?

Jodi loves nothing more than to come home from work, switch on the TV and watch some of her favourite shows. Jodi hates it when advertisements come on and if she is tired or feeling overwhelmed on that particular day she might shout and throw things at the TV.

When this occurs, support staff follow the behaviour support plan and direct Jodi to her

bedroom, and say 'stay in there Jodi. You can come out when you are calm'.

Staff will stand at the door, making sure that Jodi does not come out, whilst she is still upset. Jodi's NDIS service provider has made a submission for the authorisation of environmental restraint.

The RPA panel questioned whether other skill building strategies consistent with positive behaviour support had been trialled with Jodi to allow her to self-manage her frustration. No evidence was presented to the panel that this had occurred. Could Jodi's support team help her to tape her show, and then fast-forward through the ads? What other positive support strategies could they try?

The RPA panel did not authorise the use of environmental restraint. As they believed that, it was not environmental restraint but rather seclusion. The RPA panel referred the implementing NDIS Provider to the *NDIS (Restrictive Practices and Behaviour Support) Rules* which indicate that the practice of directing Jodi to remain in her room and not being allowed to leave, actually met the criteria for seclusion, and not environmental restraint. The RPA panel viewed the practice as an unreasonable infringement on Jodi's rights and lifestyle, when other less intrusive strategies had not been tried yet.

Seclusion is the sole confinement of a person with disability in a room or a physical space at any hour of the day or night where voluntary exit is prevented, or not facilitated, or it is implied that voluntary exit is not permitted - NDIS (Restrictive Practices and Behaviour Support) Rules 2018



Spotlight On

Ruth Pappas

Snr Safeguarding Practitioner

Snr Behaviour Support Practitioner, Northcott

DCJ Independent Specialist

How did you get to where you are today?

During my degree I did several pracs with a range of disability services. I'd been focused on working in the recreation area outside of disability, but ended up combining the 2 for my first job as a result of the pracs I did.

Completed my Bachelor of Social Science.

Department of Sport & Rec + Kurrajong Disability Services – Joint project to establish the Wagga Wagga Recreation Integration Project. (1986)

Brief stint in the business world as a personnel consultant – hated it!!!

Then Challenge Foundation Hornsby – Snr Social Educator

Residential Care Inc – Manager of their supported accommodation service which included group home & drop in support

DADHC, ADHC. (approx. 1991) Started out as an Implementer then Programmer for the Behaviour Intervention Service which then became the Statewide Behaviour Intervention Service where I was then a Behaviour Intervention Consultant, Senior Clinical Consultant, Adult Team Co-ordinator and Snr Project Officer. ADHC clinical services were then transferred to the Benevolent Society and I transferred over as Senior Practitioner Behaviour Support and stayed until the end of the 2 year transfer period and then applied for the Snr Safeguarding Practitioner's role here at Northcott and the rest is history. I had been heavily involved just prior to ADHC services being transferred and then at the Benevolent society in clinical governance and had become interested in being involved in the safeguarding area especially with the establishment of the Quality and Safeguards Commission.

For many years at SBIS I was involved with the development and implementation of the Sex offender, Clinical governance and Mental health first aid.

Outside of work, exercise, gardening, jigsaws, shopping! In terms of work, the rights of people with disability and behaviour support. More so now in the NDIS environment having access to quality support and ensuring safeguards are in place that address their rights and safety.

What do you see are the benefits of having the DCJ Independent Specialists participating on RPA Panels?

The depth & breadth of experience and knowledge!

Be organised and prepared for the panel

Be prepared to be open minded and flexible

However also need to stick to what you know and feel is right

First and foremost remember that you are there to ensure that practices that are being proposed for a person should only ever be in their best interests and no one else's.



Test your knowledge!

Question 1: Who is responsible for submitting the Behaviour Support Plan to the NDIS Commission?

Question 2: Can the person who completes and submits the RPA submission in the NSW RPA System also sit on the RPA Panel?

Question 3: One of your participants keeps taking their seat belt off every time they are in a moving vehicle and hitting others in the car. As a result you have started using a seat belt buckle guard to keep the passenger in their seat. Is the use of the buckle guard considered a restrictive practice?



RPA News will be published monthly on the Department of Communities and Justice [Restrictive Practices Authorisation web page](#). If you would like to suggest a colleague or service to be included in *Spotlight On...* or *Provider in Focus*, or if you have any questions about restrictive practices authorisation or this newsletter, please email: RestrictivePracticesAuthorisation@facns.nsw.gov.au

Test Your Knowledge Answers

Question 1: The Behaviour Support Practitioner who wrote the Behaviour Support Plan is responsible for submitting the document in the NDIS Commission's portal.

Question 2: No, the person who completes and submits the RPA submission in the NSW RPA System cannot sit on the Panel for the submission as it is considered a conflict of interest.

Question 3: Yes, the use of a buckle guard in this instance would be considered a restrictive practice as the purpose of the buckle guard is to maintain the passenger in their seat and restrict them from hitting other passengers (behaviour of concern). This would fall under the category of mechanical restraint.

Our mailing address is:

RestrictivePracticesAuthorisation@facs.nsw.gov.au

Why am I getting this?

All individuals registered with the NSW RPA System will automatically receive the RPA Newsletter.

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NSW Department of Communities and Justice - PI & CRPT · Level 4/219-241 Cleveland St · Strawberry Hills, Nsw 2000 · Australia