



Personalised Behaviour Support

Sick of lengthy assessment, documents and behaviour support plans?

Need a Behaviour Support Plan that you can consistently implement?

Real Disability Care and Real Autism Care offer REAL Solutions.

Reliable: Our clinicians are reliable, we will get your plan developed in a guaranteed time frame – no waiting months for a written plan!

Effective: Our clinicians use proven strategies, and ensure that all plans meet best practice guidelines and policy requirements. The plans get implemented consistently because they are written in a practical manner. All areas of risk and WHS issues are addressed and managed.

Active: Our clinicians take an active role, getting to know the person and those who care for them, and taking the time to understand who they are.

Life Changing: Our positive support strategies are person-centered and are developed to help improve quality of life, foster growth and personal development.

REAL Solutions uses the Positive Behaviour Support Model to ensure effective and practical interventions for challenging behaviours. Positive Behaviour Support is the most effective and proven way to manage challenging behaviours in children and adults with a disability.

Positive Behaviour Support recognises that:

- A person uses challenging behaviours because it serves a purpose for them. There is a reason as to why people resort to challenging behaviours.
- Assessment processes need to include identifying the purpose of the challenging behaviour and providing a more appropriate behaviour in its place.
- Each person has strengths and utilising and developing these play a significant role in reducing their need for behaviours of concern.
- Positive approaches are more effective than punishment and coercion.
- It is important to involve the whole family and close support network



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The Process

Quick and Easy Referral Process

Simply email us with referral details including the person's details and reason for referral. We will contact you within 72 hours to discuss your referral.



Assessment and Consultation

Our clinicians will:

- Conduct a number of observations and interactions/discussions with the person being referred and their support people.
- Review relevant files and documents.
- Conduct an assessment of the person's behaviour and support needs.

In addition, for our REAL Solutions Complete Package the clinician will conduct other comprehensive assessments such as a mental health assessment, healthcare assessment, quality of life assessment, adaptive behaviour assessment, or communication assessment. The type of assessments are dependent upon the individual needs of the person being referred.



Develop a Written Solution Package

The outcome of the assessment, observations and consultations will be presented in a written Behaviour Assessment Report, if you have selected this option.

Our clinicians will develop practical, easy to read, personalised and effective strategies. The written support will include both proactive and reactive strategies to address the person's behaviours. Proactive strategies are preventative strategies that focus on environmental considerations, skill development, and finding alternative behaviours that serve the same purpose. Reactive strategies are response procedures to ensure that the carers are providing consistent responses to behaviours.





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Training in the Plan

Our clinicians will conduct face to face training to all available support persons in a 2 hour training program. A train-the-trainer program can be conducted to ensure ongoing training can occur.

In addition, for our REAL Solutions Complete Package, online training can be provided whereby training can be conducted live and recorded and made available to staff.



Plan Implementation

Our clinicians will assist staff to implement the plan through phone and email contact.



Plan Monitoring and Review

Our clinicians will review data gathered for 6 weeks following the implementation of the plan. Any necessary changes to the plan will be made during this 6 weeks. Our clinicians will keep in regular phone or email contact with a key support person to monitor implementation.

Why Choose REAL Solutions

With over 20 years of experience providing behaviour intervention and support, our clinicians deliver REAL Solutions based on years of research, feedback and consultation with people with disabilities, their carers and families. The plans we develop are easy to read and follow, with practical and realistic strategies without the technical jargon. REAL Solutions are person-centered plans – we guarantee that no two plans are the same. They are not generalised behaviour management strategies

Our clinicians are a part of a transdisciplinary team of psychologists, occupational therapist, speech pathologists and behaviour support practitioners, and work collaboratively with other professionals including (but not limited to) schools, paediatricians, case managers and other allied health professionals. Our clinicians have extensive experience in understanding and documenting restricted practices for your Restricted Practices panel.



REAL Solutions

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The Options

REAL Solutions offers a number of different options dependent on your needs and budget. Contact us for an individualised quote.

Option One: REAL Solutions Mentor Support

What you get:

- 2 face-to-face consults with our experienced clinician
- Written support guidelines including proactive and reactive strategies
- Training in the implementation of the support guidelines.

Who this is best for:

This option is suitable for individuals who have low risk behaviours and who have previously had a behavioural assessment and/or a Behaviour Support Plan in the past. This option does not include a Behaviour Assessment Report.

Option Two REAL Solutions Intervention Support

What you get:

- Up to 3 face-to-face consults with our experienced clinician
- Assessment of the individual's behaviour
- Written Behaviour Assessment Report and Behaviour Support Plan including proactive and reactive strategies
- Training in the implementation of the support guidelines.

Who this is best for:

This option is suitable for individuals who have low risk behaviours and who may not have previously had an assessment of their behaviour and/or Behaviour Support Plan in the past.

Option Three REAL Solutions Complete Support

What you get:

- A transdisciplinary approach to support involving a number of our experienced clinicians.
- Comprehensive assessment of the individual's behaviour and any contributing factors (such as mental health)
- Written Behaviour Assessment Report and Behaviour Support Plan
- Comprehensive training package.

Who this is best for:

This option is suitable for individuals who have complex behaviours and who may have various factors contributing to their behaviours such as mental health, health care, sensory sensitivities, communication deficits, or trauma.



We guarantee our work – The support you receive from us will be realistic and practical or we will continue to work with you until we develop ones that are.