

## Key Conversation – Restrictive Practice Blank Scenario Template

### Instructions:

- This template is designed to be used alongside the key conversation’s facilitation guide.
- The blank template has been provided for you to unpack scenarios specific to the supports and services you provide.
- Complete the scenario boxes on page 2 and 3 of the worksheet and provide this to the workers. Remember to consider at all times, the privacy and confidentiality of people with disability if you are using real-life examples.
- Consider the expected responses and make a note of these in your own copy of the worksheet to assist you with facilitating the conversation.
- Consider what additional resources you need to provide workers participating.



The [NDIS Commission Regulated Restrictive Practice Guide](#) gives definitions and examples of all restrictive practices alongside some scenarios which could be used for upskilling teams.

### Introduce the activity

Give some background information and examples of the type of restrictive practices (RPs) you will be discussing:

**The aim of the key conversation** is to explore some key points around RP through the discussion questions:

- The importance of engaging with people and shared decision making.
- The impact to the person of the RP being in place, and if it were to be taken away
- The impact to others of the Restrictive Practice
- Exploring creatively, what least Restrictive Practice might look like

**When you are facilitating group answers**, remember your prompt questions, if there has been less discussion, to ask the teams:

- How might they feel if in this situation?
- What would they find challenging?
- What additional support might they need?



**Scenario  
– Part A**

Present a restrictive practice scenario

**Why do you think this Restrictive Practice was put in place?**

**Notes**

**Why might the person be behaving in this way?**

**Notes**

**What do you think the possible impacts of using this RP might be to:**

**Person**

--

**Workers**

--

**Others e.g. Family, friends, housemates, community members**

--

**What other information do you think is important or missing from this situation?**

**Notes**

--



**Scenario  
– Part B**

Present a change to the situation where the risk has changed or escalated.

**What do you think has contributed to the changes?**

**Notes**

**What information and observations would be helpful to record?**

**Notes**

## What are some examples of less restrictive options?



Remember, a regulated restrictive practice is required to have an authorised Behaviour Support Plan. Changes to restrictive practices must be carried out safely and with the appropriate support of a Behaviour Support Practitioner.

### Notes

**Please note:** The Safer Services toolkit was funded by Lotterywest in 2018 and reviewed by the NDS Quality and Safeguards Sector Readiness Project in January 2024. This resource is general in nature and is provided as a guide only. NDS believes that the information contained in this publication is correct at the time of publishing, however, NDS reserves the right to vary any of this publication without further notice. The information provided in this publication should not be relied upon instead of other legal, medical, financial, or professional advice. Please always refer to online documents for the latest versions including the NDIS Practice Standards and advice to providers on the Code of Conduct.