Increasing agency to reduce restrictive practices:

More choices, better spaces, less restraint

ASID Conference 2025

Acknowledgement of Country

WAiS commissioned artist Gertrina Hayden
a Badimia-Yamatji-Noongar woman based in Perth to
visually represent supported-decision making.

Content Summary

- ✓ Exploring a process for building agency to reduce restrictive practices
- ✓ Focusing on embedding 3 key SDM strategies into PBS practice
- ✓ An example from our project

A model for eliminating restrictive practices for people with an intellectual disability

Inclusion Australia

Enablers

Outcome

Elimination of restrictive practices

It is only with the enablers in place and holistic understandings of behavioural drivers that we can effectively reduce and ultimately eliminate restrictive practices.

Holistic understanding of behavioural drivers

By understanding the context and the factors that are driving behaviour, we can better support people with an intellectual disability to retain choice and control over their lives.

Essential inclusion and support

These four interconnected enablers are foundational to the inclusion, support and wellbeing of people with an intellectual disability. The presence of each enabler strengthens the others.

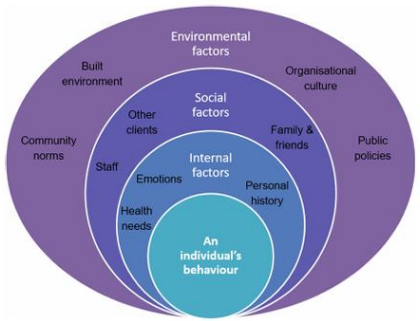
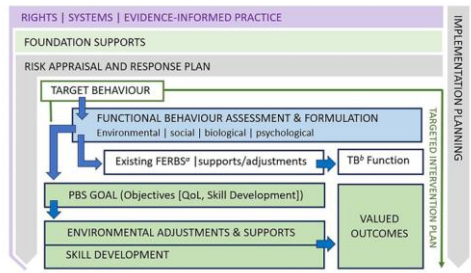
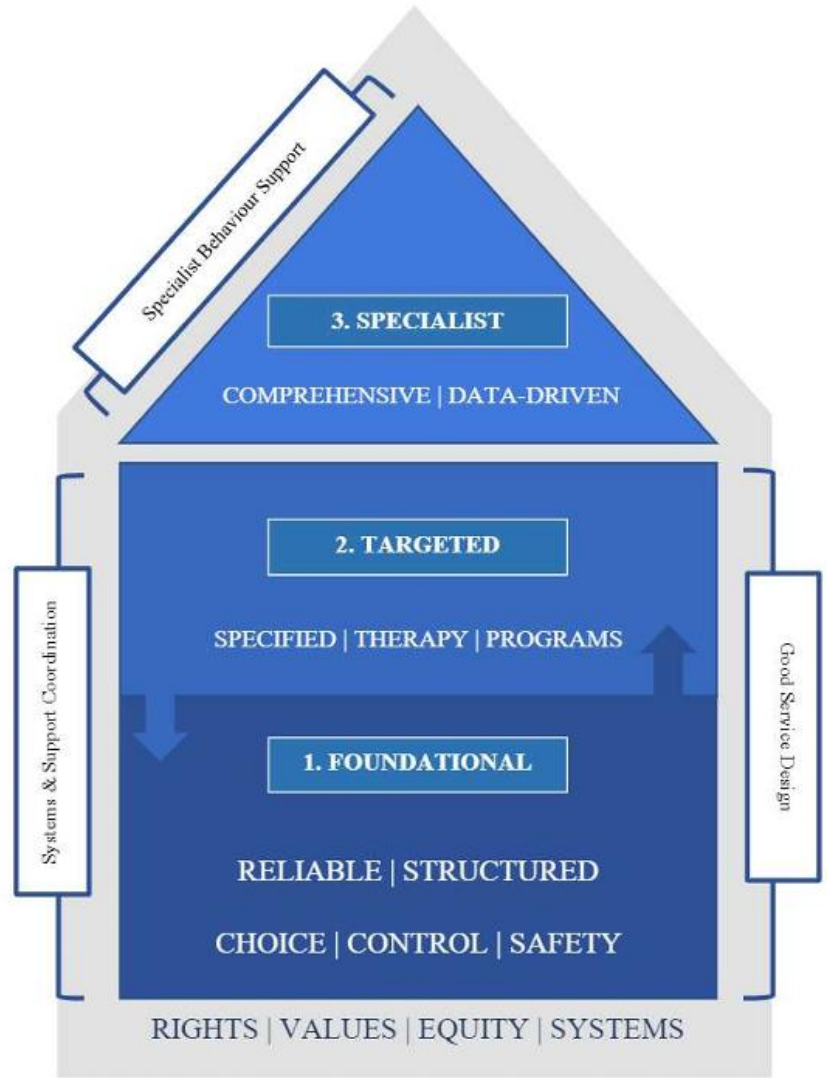
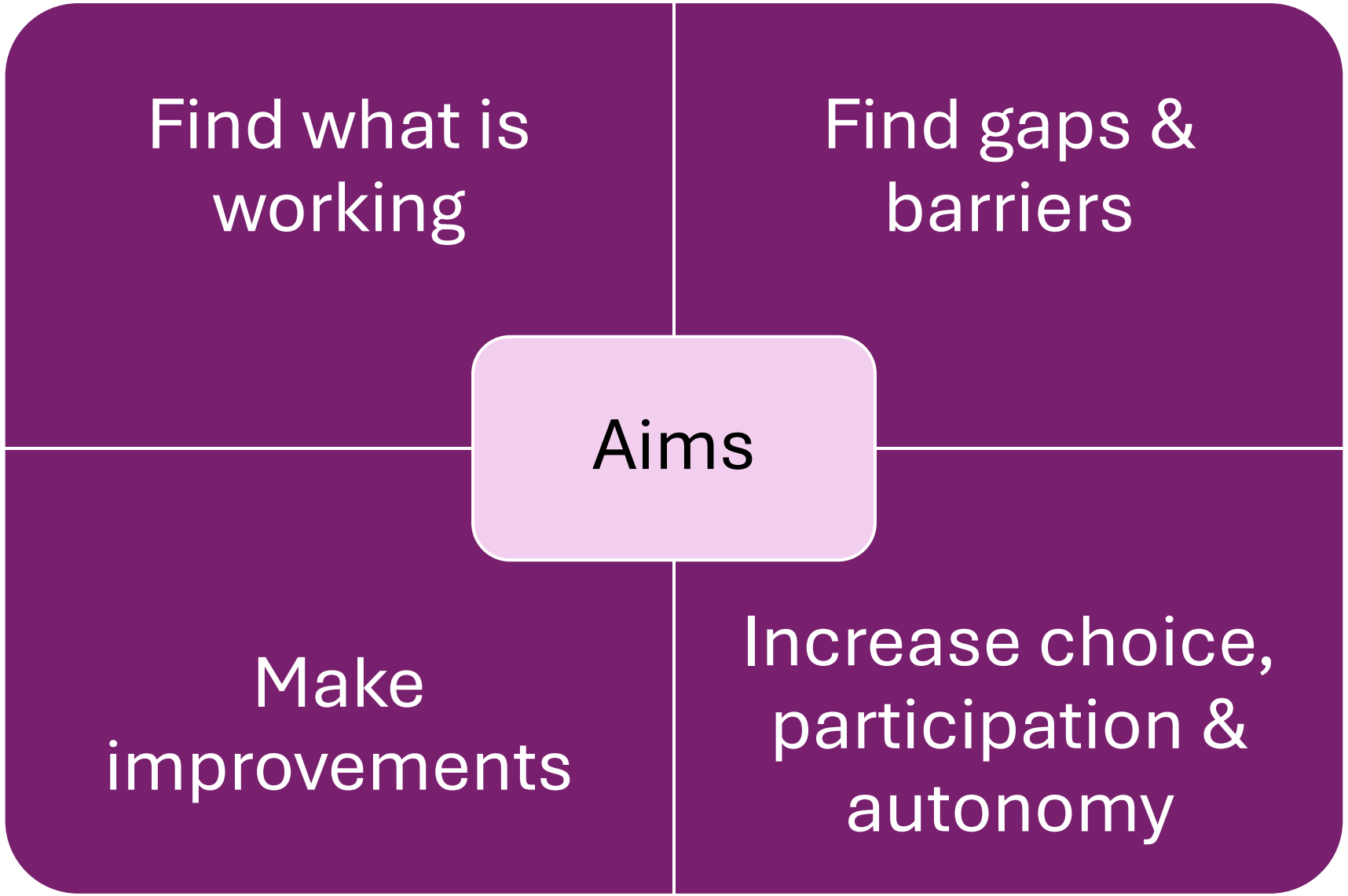
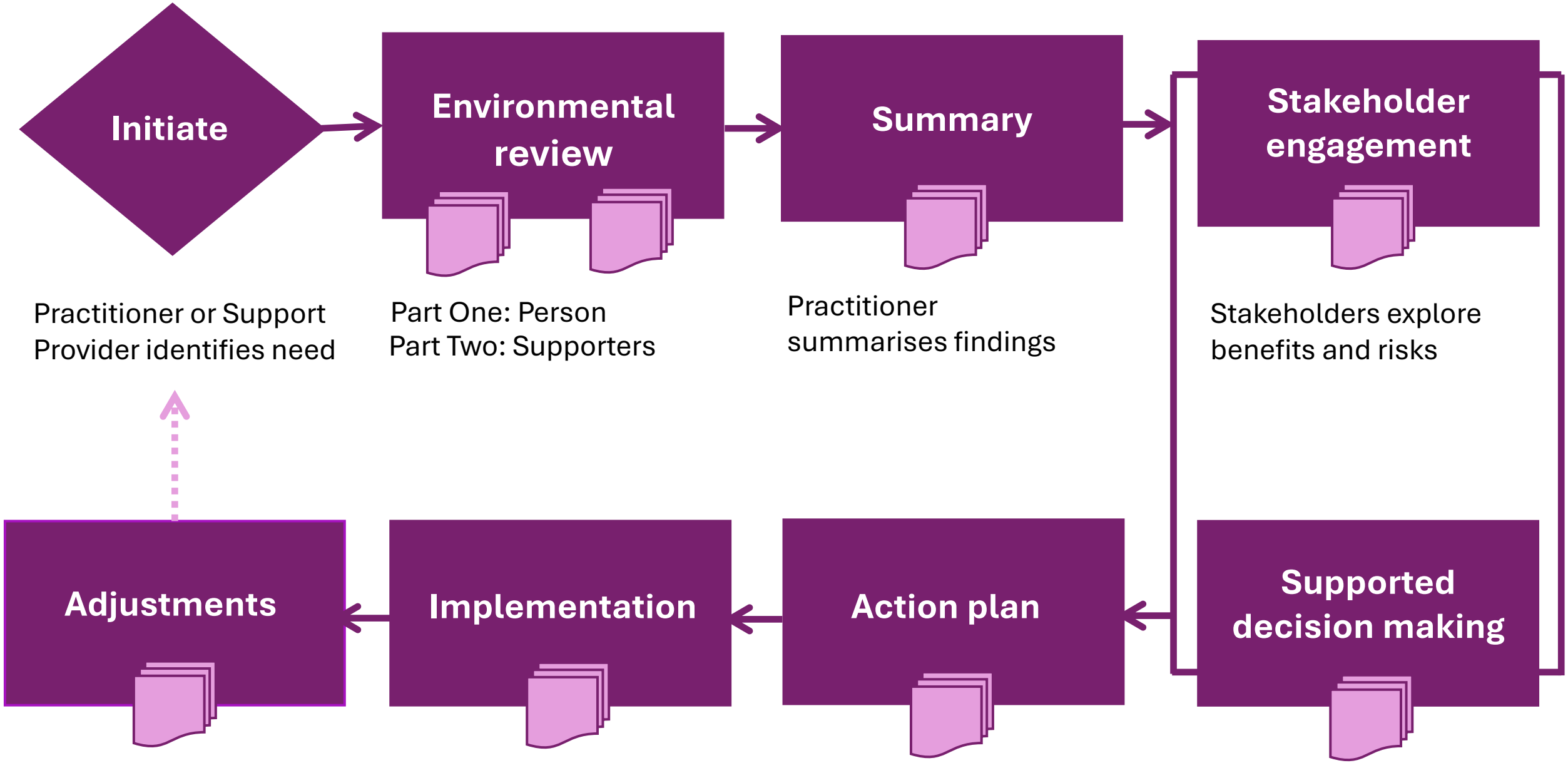


Figure 1. A social-ecological model adapted for behaviour.






Find what is working
Find gaps & barriers
Aims
Make improvements
Increase choice, participation & autonomy


Initiate
Environmental review
Summary
Stakeholder engagement
Practitioner or Support Provider identifies need
Part One: Person
Part Two: Supporters
Practitioner summarises findings
Stakeholders explore benefits and risks
Adjustments
Implementation
Action plan
Supported decision making
Action plan reviewed and adjusted
Support provider implements plan
Practitioner develops action plan
Exploration of person's will, preferences and goals

Context

Supported decision making

SUBSTITUTED DECISION MAKING

People in need of **PROTECTION**

Can be **DENIED** legal capacity

Decision-making capacity is **ASSESSED**

Capacity is **FIXED**

Capacity is **COGNITIVE**

Directed by **BEST INTEREST**

Decisions are made **INDEPENDENTLY**

SUPPORTED DECISION MAKING

People as **RIGHTS HOLDERS**

UNIVERSAL Legal capacity

Decision-making capacity is **PRESUMED**

Capacity can be **DEVELOPED**

Capacity includes **SUPPORT**

Directed by **WILL** and **PREFERENCES**

Decisions are made **WITH SUPPORT**

ability + supports and accommodations

= **decision-making capability**

How can we take an approach that builds decision-making capability?

The foundation of the work is assuming capability

ASSUMING CAPABILITY

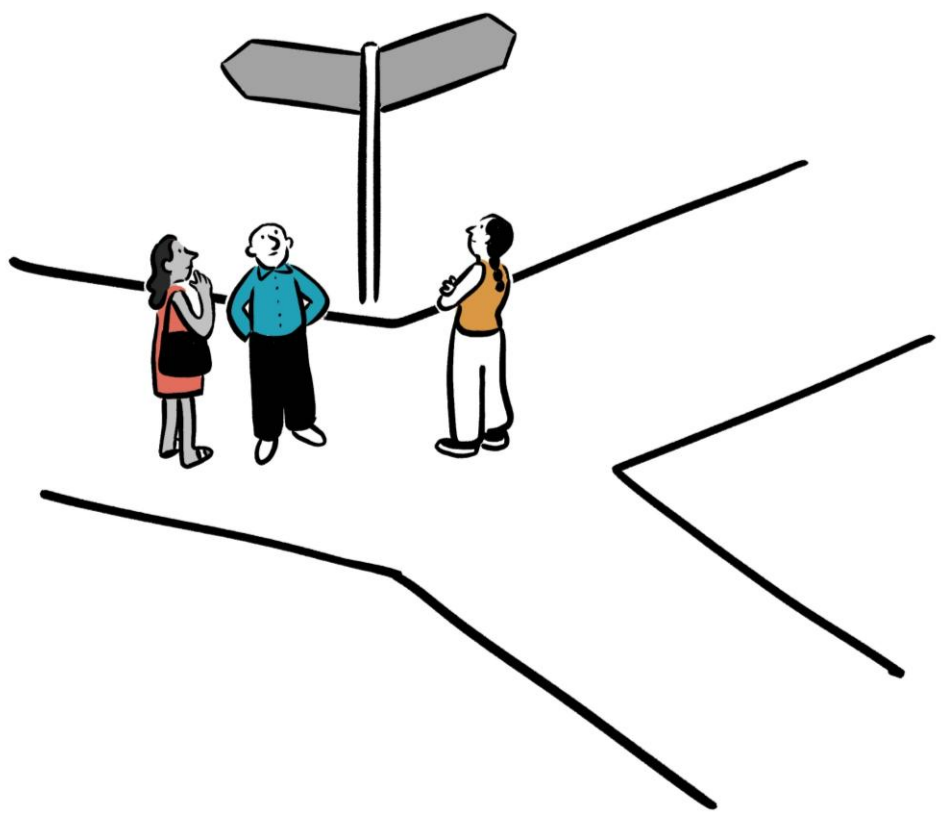
We assume people can make decisions with the right support.

Assuming Capability

Understanding Will and Preference

Risk Enablement

RESPECTING WILL and PREFERENCES



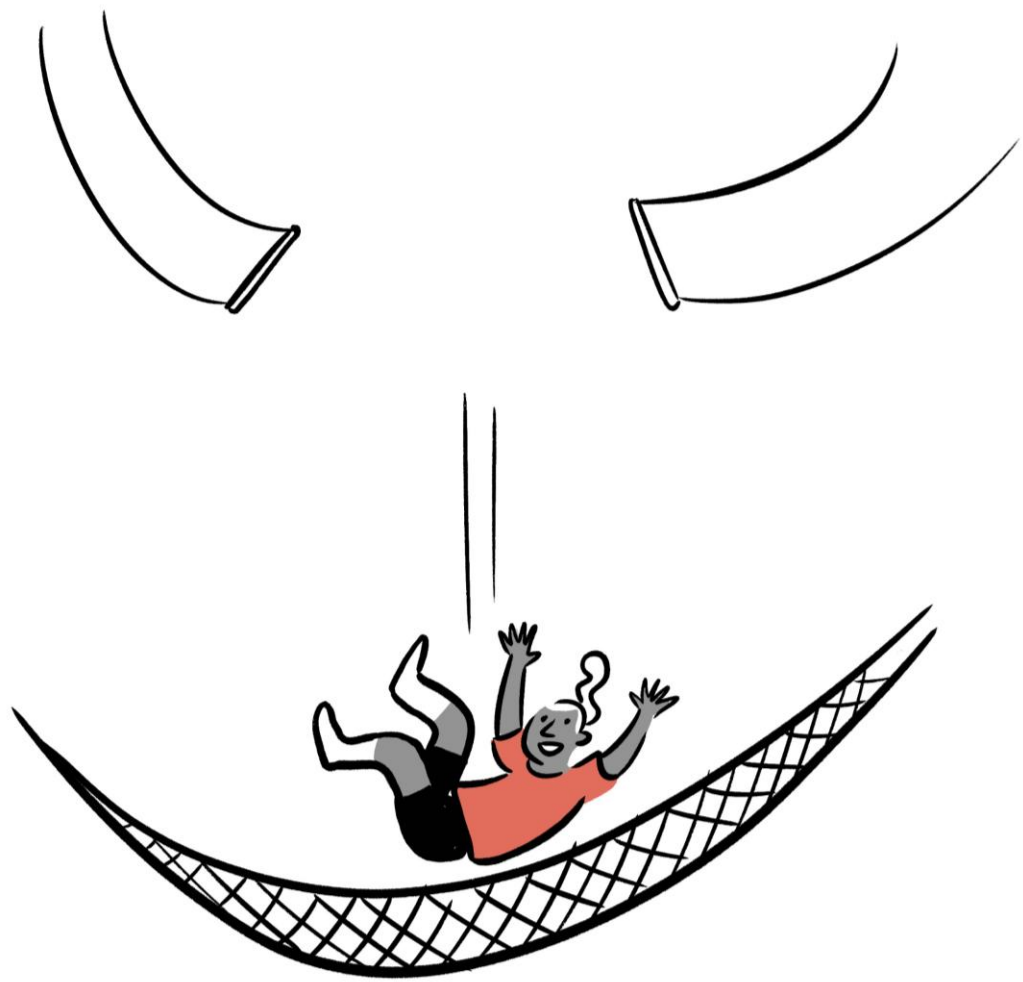
We respect who the decision maker is and what they want when supporting their decision making.

Assuming Capability

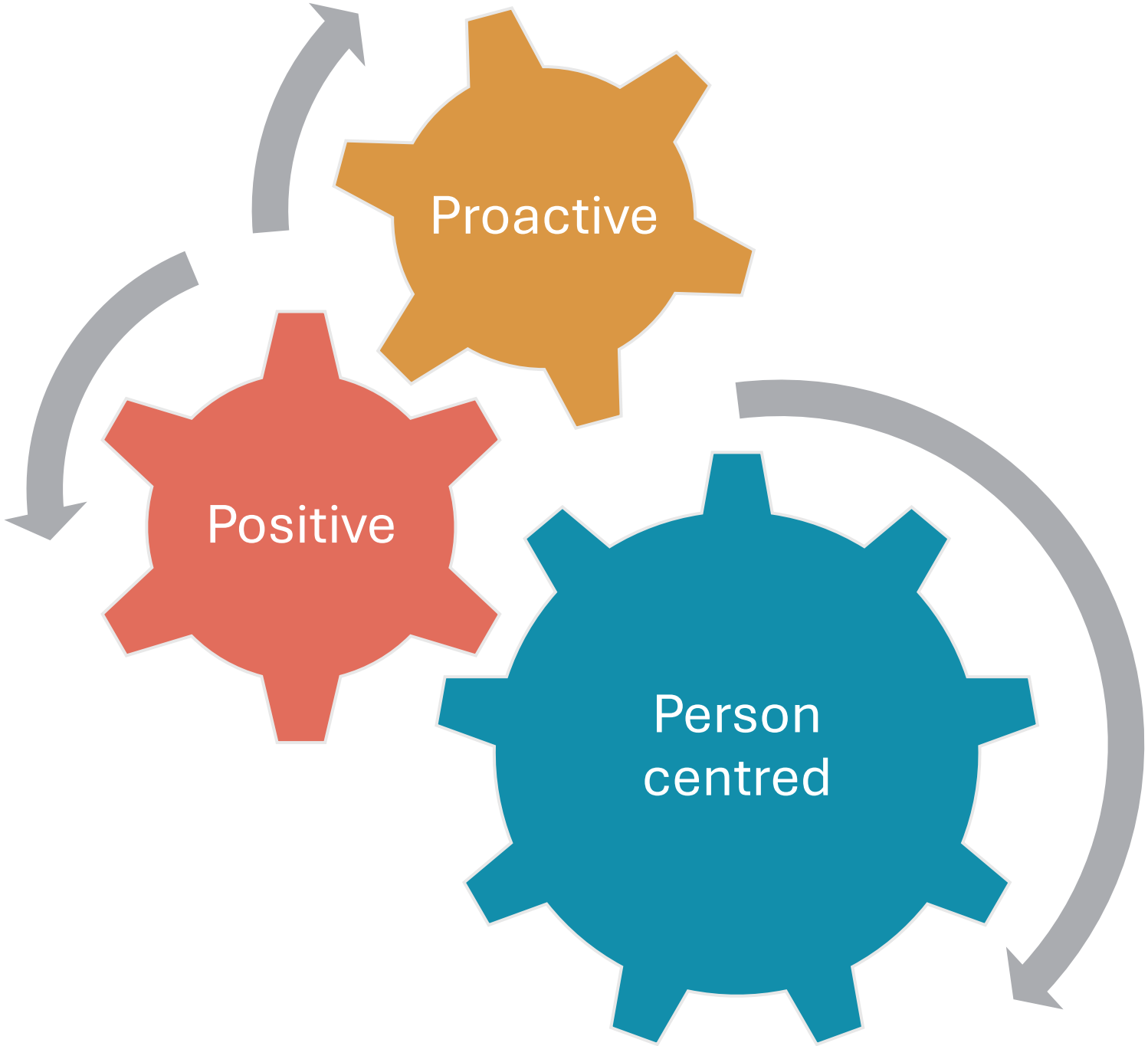
Understanding Will and Preference

Risk Enablement

ENABLING RISK



MITIGATING RISK


Proactive
Positive
Person centred

Collaborative

Assuming Capability

Understanding Will and Preference

Risk Enablement

References

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Thank you

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