

*Gribben, Barker & Andrews*

**A CASE STUDY IN SELF  
INJURIOUS BEHAVIOUR AND  
SELF RESTRAINT**

**A case study in self-injurious  
behaviour and self-restraint**

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## BIST Mission Statement

“The role of BIST is to support people, (children & adults), to achieve positive outcomes where behaviours of concern impact negatively on their quality of life. These behaviours of concern include, but are not limited to, self-injurious behaviour, harm to others, and severe property destruction. These behaviours of concern will or may cause significant harm to the person, significant harm to others, or have a significant negative impact on their essential environments and opportunities. BIST will attempt to reduce the negative impact of these behaviours on this person’s achieving their person centred goals or accessing the community by comprehensive assessment, direct support ( to the person &/or their environment), training and consultation”

## Who is Courtney?

- Home life
- Family
- Day placement
- Communication
- Skills, interests, sensory preferences, likes/dislikes

## Behaviours of Concern

- Description of behaviour
  - Self injurious behaviour
  - Self restraining behaviour
- Course of behaviour over time
- Courtney's life pre-restraints vs post-restraints
- Past intervention
  - What's been successful & why
  - What's not been successful & why

## Current intervention

- Initial success in respite & day program
- Going backwards
- Moving out of home
- Current situation

## Key intervention strategies

- Consistency
- Persistence
  - 2 steps forward, 1 step back
- Teamwork (BIST, DAS, ONEMDA, family)
- Staff rotation
- Relationships with family

## Where to from here?

- What we are aiming for
- What Courtney's life will be like in 5 years from now...

## Questions?

- Thanks for your attention!
- Handout: take away messages

