

## POLICY 1.9 – PERSON CENTRED INNOVATIVE VALIDATED PRACTICE

### Organisation:

Wonderland Community Services (WCS) Pty Ltd, trading as Wonderland Professionals, Pirates Rest, and Wonderland Retreat.

### Purpose:

To ensure that WCS delivers services that are person-centred, evidence-informed, and innovative—tailored to the unique goals, preferences, and needs of NDIS participants and Child Safety young persons.

### What is Person Centred Practice?

Person Centred Practice is an approach that places the individual at the centre of their own care and decision-making. It respects the person's:

- Goals and aspirations
- Preferences and cultural identity
- Right to informed choice and consent
- Need for support that aligns with their values

Care is not imposed, but collaboratively designed with the person and their authorised supports.

### Legislative Responsibility

WCS acknowledges its obligations under relevant legislation, including:

- NDIS Act 2013
- United Nations Convention on the Rights of Persons with Disabilities (2006)
- Child Protection Act 1999

All practices must uphold the rights, dignity, and safety of participants and young persons.

### What is Validated Practice?

Validated Practices are approaches, interventions, therapies, or assessment tools that are:

- Supported by credible research and evidence
- Demonstrated to be effective through evaluation
- Recognised within the sector as best or common practice

These practices form the foundation for therapeutic and support services at WCS.

### What is Innovative Practice?

Innovative Practice refers to the creative and flexible application of validated methods in non-traditional or person-specific ways, especially when standard approaches are not effective.

Examples include:

- Combining Cognitive Behavioural Therapy (CBT) with relaxation training in outdoor settings
- Delivering mentoring or counselling while engaging in activities such as hiking or fishing
- Teaching social skills through experiential learning rather than formal lessons

Innovation allows services to be more engaging, accessible, and effective for individuals with diverse needs.

## Evaluation and Review

WCS commits to continuous service improvement by:

- Regularly evaluating the effectiveness of supports
- Reviewing strategies for their benefit to the participant/young person
- Engaging the individual and their nominated supports in the review process
- Ensuring service delivery aligns with the individual's evolving needs and preferences

Example:

CBT may be effective in general but may not benefit someone with autism or intellectual disability who finds clinical settings or verbal interaction overwhelming. In such cases, alternative or adapted approaches are sought.

WCS upholds a commitment to do no harm while integrating innovation and evidence-based practice into all person-centred care.

## Excerpt from Behaviour Support Policy

### Client Informed Consent for Behaviour Support

#### 1. Informed Consent:

Prior to any assessment, report, or implementation of Positive Behaviour Support (PBS) strategies, the NDIS participant or young person will be:

- Fully informed of the need for a PBS Plan
- Advised of any potential use of Regulated Restrictive Practices
- Required to provide documented, signed consent

(See participant rights at [www.wonderlandprofessionals.com.au](http://www.wonderlandprofessionals.com.au))

#### 2. Guardian Involvement (where applicable):

Where the individual is under Guardianship:

- The legal guardian will be fully informed of the PBS process
- Consent will be obtained in alignment with legal requirements

(See participant rights at [www.wonderlandprofessionals.com.au](http://www.wonderlandprofessionals.com.au))

DATE	PERSON/S	DETAILS
04.08.2025	Becci Fazldeen	Review and update
20.01.2025	Ashleigh Davis	Review and update
14.12.2023	Bronwyn McMullen	Review and update
07.01.2020	Toni Mehigan	Policy created