



Transitions

Deinstitutionalisation – Moving to Community Living
What factors influence successful transitions?

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About Me..

- Psychologist – 20+ years
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- Disability, mental health, justice & forensic, AoD, homelessness
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Transition

“Change is situational. Transition, on the other hand, is psychological. It is not those events but rather the inner reorientation or self-redefinition that you have to go through in order to incorporate any of those changes into your life. Without a transition, a change is just a rearrangement of the furniture. Unless transition happens, the change won’t work.”

Transition

“A change is an event while transition is a change from the old to the new ideally characterized by a gradual, slow and smooth process to enable getting used to the new and letting go of the old.”

(Baum & Edwards, 2014)



Behaviours of Concern & Ecology

- Behaviours of Concern:
 - interactional, ecological constructs, rather than strictly internal deficits or traits of the person
 - result from complex interactions between the person and their environments
- Knowledge about the relationships between environments and BoC may be useful to facilitate successful transitions, promote effective support services and enhance quality of life for people with disability.
- Bronfenbrenner's theory is referred to as 'bioecological theory', 'socio-ecological theory' and more recently as 'Process-Person-Context-Time model'.

Colanda (The ecology being left behind)

- Colanda Training Centre, Colac accepted it's first clients in May 1976
- Colanda will be fully closed in 2019
- Guidestar started working with some Colanda clients displaying BoC in July 2017 – so far working with approx. 56 people
- Psychological & functional behavioural assessments, BSP, BRP, therapy, staff training & reflective practice as people transition to supported residential accommodation (Clinical & Community)



Quality of Life

- An improvement in functioning may occur when an individual moves from a negative environment to a supportive environment guided by QOL principles.
- QOL has come to include social well-being, holism, choice, personal control, perception, and self-image (Brown & Faragher, 2014).
- In many transition situations organisational behaviour can deprive residents of opportunities for developing ability and can reinforce their helplessness.
- Staff and organizations often seem to lack awareness of how the so called 'small things' were taking away ability and independence opportunities from the people served resulting in reinforcing helplessness.

Quality of Life

- Research has found:
 - positive living environments further enhanced individuals' QOL and increased chances of behavioural improvement
 - even though it was important for people to live in smaller community houses, the house size alone without the application of QOL principles was not enough to guarantee a better life
 - a change in staff “hotel” attitudes is central to positively modifying the environment
 - meaningful transitions need available (and appropriate) activities, effective assistance, a high ratio of skilled staff supports and participation in community life. (Felce, 1998).
 - Making life good in the community research (Clement & Bigby, 2008)

Proposed Project Proposal

- *Safe and successful transition of current Colanda residents measured by an increase in their quality of life (across all service domains) and active engagement with and in their new community.*
- Development of a formalised strategic transition plan agreed on by all stakeholders (DHHS, NDIA, OPA, OPP, Families, specialist services etc.) to ensure a collaborative, concurrent, specialist informed whole-of-system and whole-of-house approach
 - Baseline data collection residents & staff
 - Archive data collection to ensure trauma-informed approach
- BARs and BSP to include recommendations specific to:
 - Human rights-based support (least restrictive)
 - Trauma-informed/specific approach
 - Person-centred support
 - PCAS
 - PBS
 - What it means to move from congregate care to living in a house in the community
 - Building capacity of supports (e.g., team building)

Proposed Project Proposal

- BSP implementation to include practice leadership, mentoring and modelling.
- BSP implementation to include client-focused training that includes structured pre-and post-assessment of staff knowledge, attitudes and skills.
- Robust evaluation:
 - Post-transition data collection:
 - QOLI/PWI-ID
 - ABAS-III
 - DBC-A
 - RIDS Data
 - Post-Transition data collection: Staff
 - Staff skills, experience, beliefs
 - Staff wellbeing

Challenges

- Working with a closing institution:
 - Industrial issues
 - Staff and client stress & departures (Grief and loss)
 - Parents & guardians
 - There were some planned visits, however for others there were “No visits planned due to their capacity to understand and not wanting to unnecessarily stress them”
 - Not understanding Guidestar’s role
 - Difficulties maintaining a partnership approach:
 - Resident mix
 - Plans of new properties
 - BoC
- For many residents everything changed

Transitions – Old Environment

- Inform the person about the move
 - Why
 - When
 - Where
 - Social Story
 - Involve their family in the process (if possible)
 - Give the person time to process
- Arrange visits to the new location and new day program (over time)
- Arrange stay overs (if possible)
- Planned interactions between residents, especially those who do not usually interact together.

Transitions – Behaviour Support

Pre-Move

- Be involved in the visits, planned interactions, view new house plans
- Establish base line - collect data, incident reports
- Develop a Transition Plan (mini Behaviour Assessment Report)
 - Background – data from client files, other reports, observations, interviews, assessments, sensory profile, skills, likes/dislikes, health, medications (PRN),
 - BoC – antecedents, triggers, consequence
 - Risk Assessment
 - Ecological Analysis
 - Mediation Analysis
 - Analysis of Meaning
 - Formulation
 - Strategies
 - Recommendations
- Also – Behaviour Snapshot, Behaviour Response Plan

Transitions – New Environment

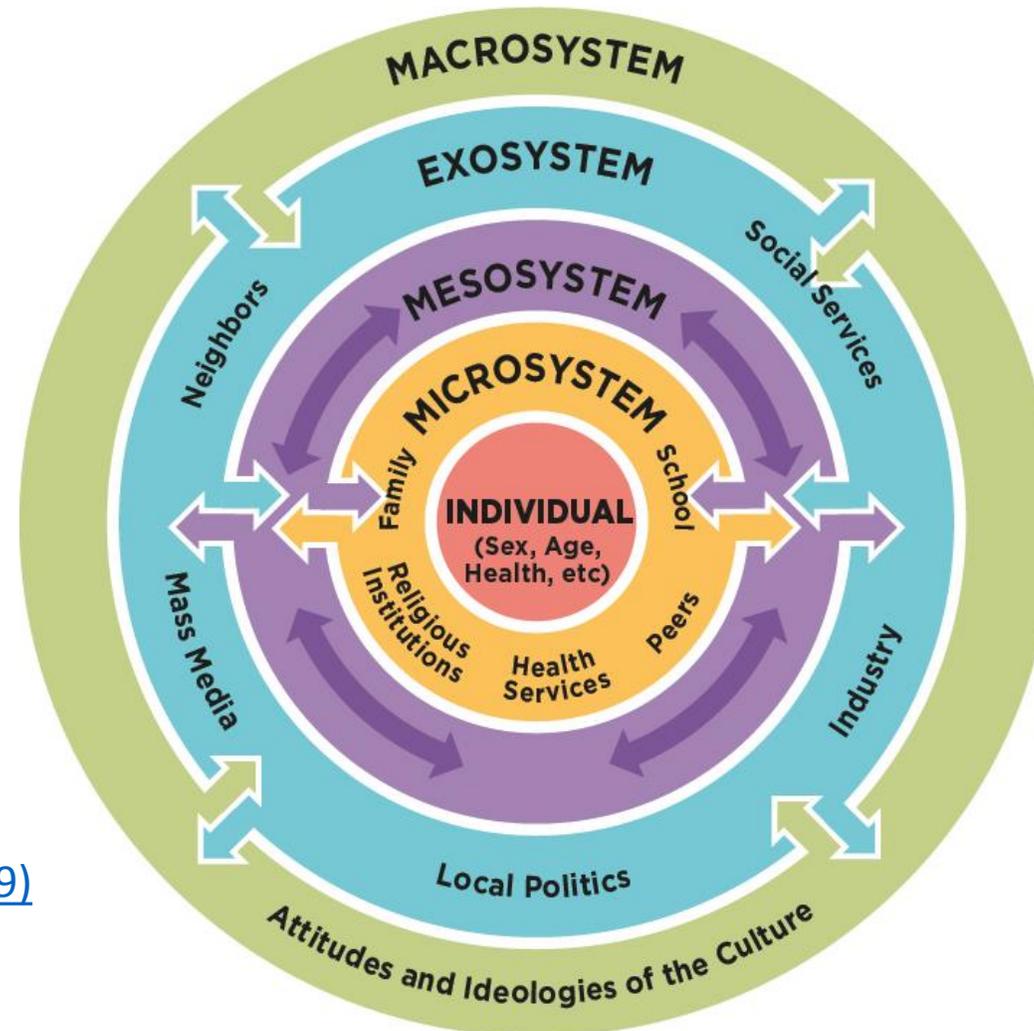
- Recruit new House staff early
 - Ideally some familiar staff from the old environment move to the new house
 - Shadow shifts – also for new day service/s
- Share training plans for new house staff
 - Behaviour practitioners to provide training – eg. PBS, PCAS, PICA or other specific training
- Modify new residence if required (eg. Cushions, kitchen, furnishings)
- Ensure all personal belongings are in the right place
- Involve family if possible and appropriate
- Provide orientation and familiarity with the new
- Consider transport

Transitions – Behaviour Support

Post-Move

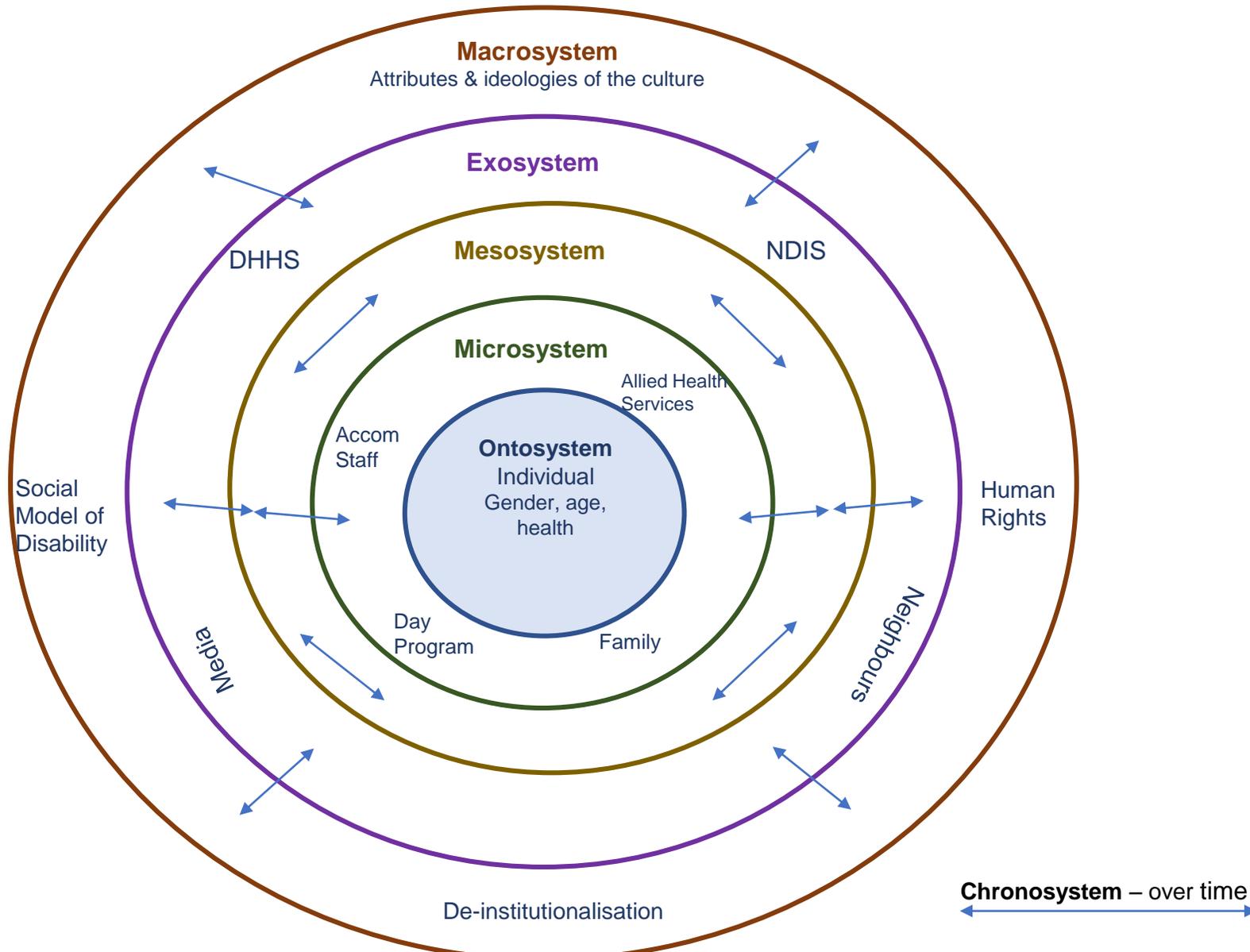
- Develop a Behaviour Assessment Report & Behaviour Support Plan (if needed) – observe the person across settings, conduct interviews, assessments
- Provide training for staff in the BSP & strategies
- Attend Multi-Disciplinary Team meetings with house staff
- Provide (time limited) reflective practice/practice coaching where required
- Check-in

Ecological Systems Theory



[Source: Bronfenbrenner \(1979\)](#)

Ecological Systems Theory



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