

Here to help since 1962

From humble beginnings, five families needing support for their young children with complex needs established Multicap. Over the past six decades, Multicap has grown and evolved with its foundation families into an organisation with a broad service offering throughout Queensland, New South Wales and Victoria. We're committed to being here for our customers in *all ways, always*.

Expanding the possibilities of every person for more than 60 years

OUR PURPOSE

The quality of life of people with disabilities and their families is enhanced by our support.

OUR VALUES

Always empowering

Always respecting

Always connecting

Always creating

For more information on our services, phone **1300 135 886** or scan to visit **multicap.org.au**



1300 135 886



SPECIALISED BEHAVIOUR SUPPORT

Solutions and strategies to help manage behaviours



REQ220603_2025

What we do

Specialised behaviour support is required when a person expresses behaviours that can be considered challenging.

These behaviours may be a risk to the person or people around them, and sometimes restrictive practices are put in place to keep people safe.

Specialised behaviour support works collaboratively with the person and their support networks. With decades of experience, we pride ourselves on being reliable specialists, providing Positive Behaviour Support, Therapeutic Support, and Music Therapy.

Positive Behaviour Support

Through consultation with the person, their family, support network, and other allied health professionals we aim to:

- reduce challenging behaviours which cause harm to self or others, and
- increase skills and community participation.

Through an assessment of the behaviour, an evidence-based plan is developed to meet the underlying need behind the behaviour and manage the behaviour effectively when it does occur. Our practitioners train the person's support team on the implementation of the plan.



Therapeutic Support

Our team of Psychologists and Provisional Psychologists employ effective and individualised psychological approaches, skills and assessments to support people to achieve a satisfying and meaningful life.

We offer the following support options:

- Cognitive Behaviour Therapy
- Modified Dialectal Behaviour Therapy
- Psychoeducation
- Life Skills Program

Music Therapy

Music Therapy is more than a fun creative outlet for people - it is an engaging and research-based practice which supports people to reach their goals in communication, motor skills, social skills, and general health and well-being.

Our qualified Music Therapists are registered with the Australian Music Therapy Association.

How it works



First, we get to know you by working closely with you and those who know you best



We listen to your feelings and needs



We develop a tailored support plan to help you get the most out of life



We deliver our services in-home, via video chat, and over the phone, so you can access support wherever you are

