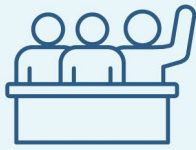




## ARP Bulletin 12



## Our rules about restrictive practices

**What you need to know about our policy:**

### **Authorisation of Restrictive Practices in Funded Disability Services Policy**

**Easy Read bulletin**

**Issue 12: October 2024**



## How to use this bulletin



A **bulletin** is important news we share with the community.



The Government of Western Australia  
Department of Communities (the Department)  
wrote this bulletin.

When you read the word 'we', it means  
the Department.



We wrote this bulletin in an easy to read way.

We use pictures to explain some ideas.

**Bold**  
Not bold

We wrote some important words in **bold**.

This means the letters are thicker and darker.



We explain what these bold words mean.

You can find out what they mean in the **Word list** section.



This is an Easy Read summary of another bulletin.

This means it only includes the most important ideas.

You can find all of our bulletins on **our website**.



**[www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources](http://www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources)**



You can ask for help to read this bulletin.

A friend, family member or support person might be able to help you.



We recognise First Nations people as the traditional owners of our land – Australia.

They were the first people to live on and use the:



- land



- waters.

## What's in this bulletin?

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## About our bulletins



We include this section in all our bulletins.

If you've already read this information, you can skip to the next section.

The next section is called **What is chemical restraint?**



We want to make sure people in WA are safe.



So we need rules about how **providers** can use some types of supports.



A provider supports people with disability by delivering a service.

Sometimes providers use **restrictive practices** to keep:



- a person with disability safe



- other people safe.



Restrictive practices are actions that stop people from:

- moving
- doing what they want.



We wrote a **policy** so everyone knows what rules we have about restrictive practices.

A policy is a government plan for how to do things.



We call it the *Authorisation of Restrictive Practices in Funded Disability Services Policy*.

We wrote our bulletins to share information about:



- our policy



- research about **positive behaviour support**.

Positive behaviour support is about supporting a person with disability to live a good life.



## About positive behaviour support



Positive behaviour support is about working together to:

- understand someone's behaviour
- meet their needs
- provide the right support to them.



This includes:

- asking questions
- being open to their experiences.



Providers can use positive behaviour support to help them:

- use less restrictive practices
- stop using restrictive practices.

Positive behaviour support is about helping:



- people who need supports
- and
- the people around them.

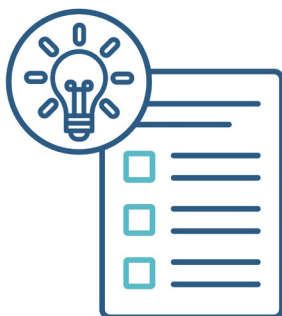
Positive behaviour support works best when everyone:



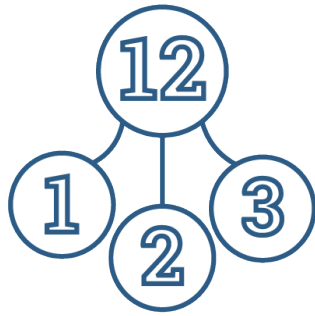
- listens to what a person with disability wants and needs
- works together.



There are 12 ideas about the best way to use positive behaviour support.



These ideas come from research called *Positive Behaviour Support in the UK: A state of the Nation Report* by Nick Gore and other researchers.



The researchers split the 12 ideas about positive behaviour support into 3 areas.

1



1. People's **rights** and living a good life.

Rights are rules about how people must treat you:

- fairly
- equally.

2



2. Understanding behaviour,  
needs and experiences.

3



3. Providing high-**quality** supports.



Quality is about good services that:

- meet the needs of people with disability
- give people choice and control.

1

In each bulletin we explain one of the 12 ideas in more detail.

## Our other bulletins



You can find our other bulletins on **our website**.

[www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources](http://www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources)



You can also sign up to our bulletin.

We can email you every time we write a new bulletin.



You can sign up by **filling out a form online**.

[www.confirmsubscription.com/h/d/A869AA30BCDE3CFD](http://www.confirmsubscription.com/h/d/A869AA30BCDE3CFD)



Or you can visit **our website**.

[www.wa.gov.au/organisation/department-of-communities/authorisation-of-restrictive-practices](http://www.wa.gov.au/organisation/department-of-communities/authorisation-of-restrictive-practices)



Please share this form with your friends and family, so they can sign up too.

# What is chemical restraint?



In this bulletin, we talk about **chemical restraint**.



Chemical restraint is when medicine is used to change how a person behaves.

It is used to reduce or stop **behaviours of concern**.



Behaviours of concern are things someone does that might put:

- themselves in danger
- other people in danger.

Chemical restraint doesn't include medicine a doctor gives someone to help them with an illness.



For example, medicine they need for:

- their mental health
- a physical illness.



A doctor decides if medicine is used to:

- change how a person behaves
- or
- help them with an illness.

It is chemical restraint if:



- a doctor gives a person medicine to reduce or stop behaviours of concern



- the person takes the medicine by themselves



- a provider supports the person to take the medicine



- a person is affected by the medicine while a provider is giving them support.



Chemical restraint is a type of restrictive practice.



It is important to think about how a restrictive practice affects a person.

This includes thinking about how a person feels about the restrictive practice.



## Rules providers must follow about chemical restraint

Providers must follow the rules in our policy to:



- use medicine for chemical restraint



- support someone who is affected by medicine for chemical restraint.



They must always make sure the chemical restraint is included in the person's **behaviour support plan**.



A behaviour support plan is a document that explains what support a person needs.



A **Quality Assurance Panel** must then:

- check the behaviour support plan
- decide if the chemical restraint should happen.

Providers must always:



- make sure the person is safe when they take the medicine



- protect the person's rights when they take the medicine



- store the medicine in a safe place.

A chemical restraint doesn't need to be checked by a Quality Assurance Panel if the person:



- takes the medicine by themselves in a private environment, like their home



- doesn't get support from a provider while they are affected by the medicine.

## About our Outcome Summary Reports



In this bulletin, we also talk about Outcome Summary Reports.



An Outcome Summary Report is written by members of a Quality Assurance Panel.

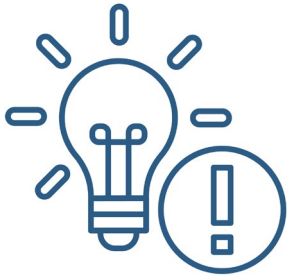


In the Outcome Summary Report, members must explain why a restrictive practice:

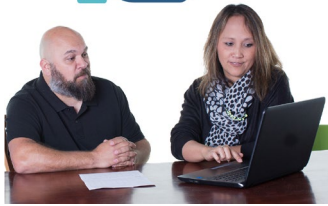
- can happen
- can't happen.



They must also explain how they checked a restrictive practice against the **principles** in our policy.



Principles are important ideas we should always think about.



This information can support the people who helped create a behaviour support plan.



For example, it can help them to improve the behaviour support plan so that it meets the principles in our policy.

All members of a Quality Assurance Panel must:



- agree on what they have written in the Outcome Summary Report



- sign the Outcome Summary Report after their meeting.



Then providers must send the report to the **NDIS Quality and Safeguards Commission (NDIS Commission)**.



The NDIS Commission makes sure people with disability who take part in the NDIS:

- are safe
- get good services.

## Create high-quality support plans



In this bulletin, we also look at creating high-quality **support plans**.

Support plans are plans to help a person:



- get the support they need



- reach their goals



- feel safe.



Support plans can be created after a **functional behaviour assessment**.



A functional behaviour assessment is a way to learn about a person's behaviour.

This includes learning about:



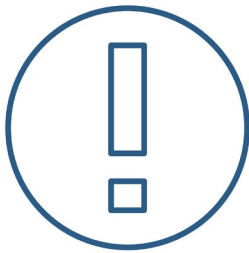
- how an environment can affect a person's behaviour
- a person's experiences
- how to support what a person wants and needs.





Support plans should also be created with:

- the person receiving support
- the person's family and carers
- other important people in the person's life.



This is the most important part of creating a high-quality support plan.



A behaviour support plan is a type of support plan.



A behaviour support plan should explain how to create an environment that supports what a person and the people around them need.



A behaviour support plan can also include support to build someone's skills.



Part of supporting someone to build skills includes helping them to feel safe in their environment.



In our next bulletin, we'll look at the last of the 12 ideas from the positive behaviour support research.



The next idea is about providing the supports that a person needs and making sure they work well.

# Supports for families

## Information about the policy



We have fact sheets you can read to learn about:

- our policy
- restrictive practices.



You can visit the **individuals and families section** on our website.

[www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources](http://www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources)

## Supports for providers



Development Disability WA (DDWA) can help providers find an **external behaviour support practitioner** for a Quality Assurance Panel.



External behaviour support practitioners are people that:

- need to be on all Quality Assurance Panels
- help decide if a restrictive practice should happen.



Providers can email DDWA.

[ddwa@ddwa.org.au](mailto:ddwa@ddwa.org.au)



The Western Australian Government pays external behaviour support practitioners from DDWA to be on Quality Assurance Panels.

## Tell us what you think



We want to know what you:

- think about our bulletins
- want to learn about.



You can send us an email.

[arp@communities.wa.gov.au](mailto:arp@communities.wa.gov.au)

We might include your question or topic in our next bulletin.



You can contact the NDIS Quality and Safeguards Commission (NDIS Commission) if you have any questions about:

- restrictive practices
- how people support you.



You can send the NDIS Commission an email.

[behavioursupport@ndiscommission.gov.au](mailto:behavioursupport@ndiscommission.gov.au)

## Training and information sessions



We hold free information sessions for:

- providers
- families and carers
- behaviour support practitioners.



You can ask questions during the sessions.



All the sessions are online.

We use Microsoft Teams.



You can send us an email if you have a question about these sessions.

**BehaviourSupportConsultancy@  
Communities.wa.gov.au**



You can find future sessions in our most recent bulletin.

You can find our bulletins on **our website**.

**[www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources](http://www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources)**

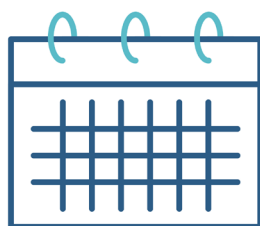


## Training sessions for providers and behaviour support practitioners



There will be 2 information sessions for providers about:

- our policy
- restrictive practices.



These information sessions will be on:

- Monday 11 November 2024  
from 1 pm to 2:30 pm
- Wednesday 4 December 2024  
from 12:30 pm to 2 pm.

You can sign up for this session on the **Eventbrite website.**



[www.eventbrite.com.au/e/authorisation-of-restrictive-practices-arp-policy-overview-session-tickets531745032707%20C](https://www.eventbrite.com.au/e/authorisation-of-restrictive-practices-arp-policy-overview-session-tickets531745032707%20C)

## Word list

This list explains what the **bold** words in this document mean.



### **Behaviour support plan**

A behaviour support plan is a document that explains what support a person needs.



### **Behaviours of concern**

Behaviours of concern are things someone does that might put:

- themselves in danger
- other people in danger.



### **Bulletin**

A bulletin is important news we share with the community.



## **Chemical restraint**

Chemical restraint is when medicine is used to change how a person behaves.



## **External behaviour support practitioner**

External behaviour support practitioners are people that:

- need to be on all Quality Assurance Panels
- help decide if a restrictive practice should happen.



## **Functional behaviour assessment**

A functional behaviour assessment is a way to learn about a person's behaviour.

## **NDIS Quality and Safeguards Commission (NDIS Commission)**



The NDIS Commission makes sure people with disability who take part in the NDIS:

- are safe
- get good services.



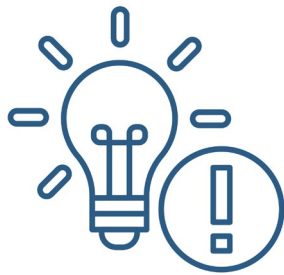
## **Policy**

A policy is a government plan for how to do things.



## **Positive behaviour support**

Positive behaviour support is about supporting a person with disability to live a good life.



## Principles

Principles are important ideas we should always think about.



## Providers

Providers support people with disability by delivering a service.



## Quality

Quality is about good services that:



- meet the needs of people with disability
- give people with disability choice and control.

## Quality Assurance Panel



A Quality Assurance Panel is a group of people who check behaviour support plans.

They decide if the restrictive practice should happen.

They follow the rules in our policy about restrictive practices.

## Restrictive practices



Restrictive practices are actions that stop people from:

- moving
- doing what they want.



## Rights

Rights are rules about how people must treat you:

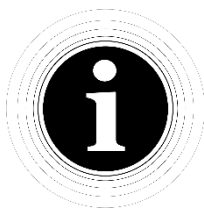
- fairly
- equally.



## Support plan

Support plans are plans to help a person:

- get the support they need
- reach their goals
- feel safe.



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