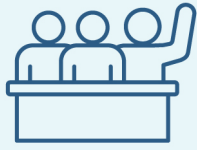




## ARP Bulletin 13



## **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 13: February 2025**



## Acknowledgement of Country



Aboriginal and Torres Strait Islander peoples are the first peoples of Australia.



They have always looked after Country.

Country means the land, water, sky and everything within them.



We respect the important connection that Aboriginal and Torres Strait Islander peoples have with Country.



And we respect their Elders from the past and now.

## How to use this bulletin



We are the Government of Western Australia  
Department of Communities (the Department).

We wrote this **bulletin**.



A bulletin is important news we share with  
the community.

We wrote some words in **bold**.

**Bold**  
Not bold

We explain what these words mean.

There is also a list of these words in the  
**Word list** section.



You can ask someone you trust for support to:

- read this bulletin
- find more information.



This is an Easy Read summary of another bulletin.

It only includes the most important ideas.

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)

## 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 **Creating a plan to use less restrictive practices**.



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.

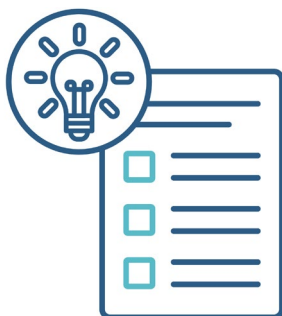
Positive behaviour support works best when everyone:



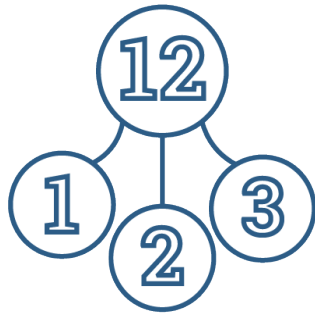
- listens to what a person with disability wants and needs
- works together.



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. 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.



In this bulletin, we look at the last idea in the research.

## 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.

# Creating a plan to use less restrictive practices



In this bulletin, we talk about restrictive practices in all **behaviour support plans**.



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



**Behaviour support practitioners** work with a person to create a behaviour support plan.

The behaviour support plan might include restrictive practices.

They follow the rules in our policy about restrictive practices.



In this bulletin, we just call them practitioners.

If a behaviour support plan includes restrictive practices, a practitioner must also include a plan to:



- use less restrictive practices over time



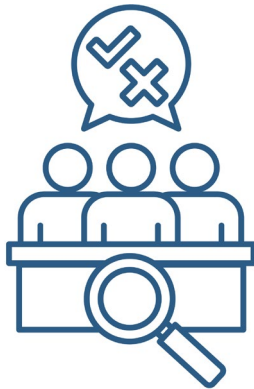
- stop using restrictive practices over time.



This plan will help support the rights of people with disability.



Practitioners must include this plan before a **Quality Assurance Panel** can decide if a restrictive practice can happen.



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

They decide if a restrictive practice can happen.

They follow the rules in our policy about restrictive practices.



Practitioners must work with other people to create a plan to:

- use less restrictive practices
- stop using restrictive practices.

This includes the:



- person who needs support
- families and carers
- providers.



When practitioners make the plan, they should also think about how the restrictive practice:



- has affected the person's life.



- will affect the person's life.



Practitioners should also make sure everyone has the support they need to follow the plan.



If a provider uses a restrictive practice, then everyone needs to keep working together to understand how better to support the person.



It is important to think about all the parts of the person's life to better understand:

- what supports they need
- how to give them the supports they need.

## What the plan needs to include or explain



There are 5 things practitioners need to include or explain in the plan to:

- use less restrictive practices
- stop using restrictive practices.

The plan needs to:



1. Clearly explain each restrictive practice.

2. Include clear goals for providers to use less or stop using each restrictive practice.



This includes:

- choosing goals they can reach
- explaining how they will know when they have reached each goal
- explaining when they will reach each goal.



3. Explain what information providers will need to find out if they have reached their goals.



4. Explain what each person will do to reach each goal and when they will do this.



5. Explain how practitioners will check to see how they are going with each goal.



We will know the plan is working if providers:

- use less restrictive practices
- stop using restrictive practices.

# Rules for providers about chemical restraint



In bulletin 12, we talked about rules providers must follow about **chemical restraint**.



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



In this bulletin, we explain these rules more clearly.



When a chemical restraint is used, it must be included in a person's behaviour support plan.



This includes when a person takes medicine for chemical restraint while a provider is giving them support.

For example, the person might:



- take the medicine by themselves while the provider is giving them support



- get support from the provider to take the medicine.



The behaviour support plan then needs to be checked by a Quality Assurance Panel.



Providers must also know how to support someone who is affected by a chemical restraint.

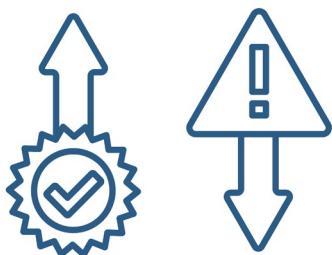


For example, they must make sure the person who is affected by a chemical restraint is safe.

## Providing the best quality supports



In this bulletin, we look at making sure people get the best quality supports.



When a person gets the best quality supports, they are less likely to have **behaviours of concern**.



Behaviours of concern are things someone does that might put:

- themselves in danger
- other people in danger.





This means providers might not need to use restrictive practices with the person.



Providing the best quality supports includes checks to make sure supports are meeting the needs of the:

- person who needs support
- people who support them.



It is important to work together with:

- the person who needs support
- other important people in their life.

This includes when you:



- work out what supports a person needs



- check to make sure the supports are working well.

Working together helps to make sure:



- the person can get the supports they need



- the supports will work well in the environment around them



- the people around them can provide these supports.



It is important to check a person's supports often.



This is because the type of support that someone needs can change.

You should try to find ways to check a person's supports that:



- includes everyone who is involved



- focuses on making sure the person is getting the support they need to live a good life.

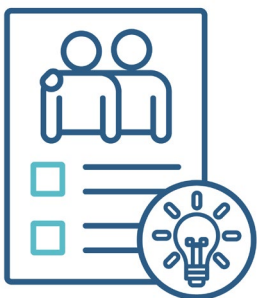
It is also important that managers  
in disability organisations:



- understand what the best quality supports include



- share what they know with the other staff in their organisation.



In our next bulletin, we'll look at an idea about  
positive behaviour support.

# 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



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

They decide if a restrictive practice can happen.

They follow the rules in our policy about restrictive practices.



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
- 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**.

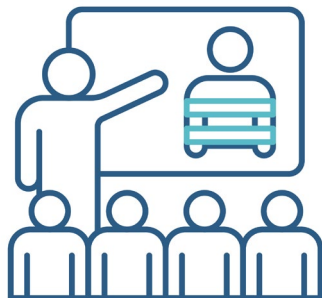
**[www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources](http://www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources)**

## Training sessions for providers and behaviour support practitioners



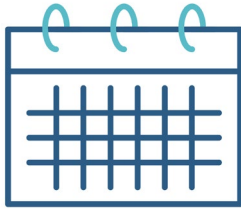
There will be 3 information sessions for:

- providers
- practitioners.



One of the information sessions is about:

- our policy
- restrictive practices.



This information session will be:

- on Tuesday 1 April 2025
- from 1:30 pm to 3 pm.

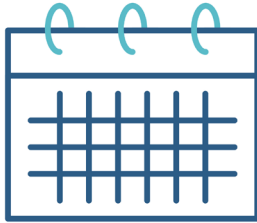


You can sign up for this session on the **Eventbrite website.**

[www.eventbrite.com.au/e/authorisation-of-restrictive-practices-arp-policy-overview-session-tickets-531745032707](https://www.eventbrite.com.au/e/authorisation-of-restrictive-practices-arp-policy-overview-session-tickets-531745032707)



One of the information sessions is about practices that are not part of our policy.



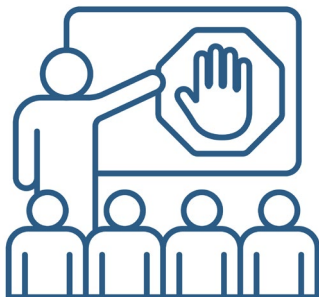
This information session will be:

- on Wednesday 26 February 2025
- from 10:30 am to 12 pm.



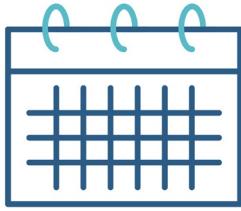
You can sign up for this session on the **Eventbrite website.**

[www.eventbrite.com.au/e/arp-policy-deep-dive-out-of-scope-practices-tickets-682050831397](https://www.eventbrite.com.au/e/arp-policy-deep-dive-out-of-scope-practices-tickets-682050831397)



One of the information sessions is about how to:

- use less restrictive practices
- stop using restrictive practices.



This information session will be:

- on Monday 10 March 2025
- from 1:30 pm to 3 pm.

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



[www.eventbrite.com.au/e/arp-policy-deep-dive-reduction-and-elimination-of-restrictive-practices-tickets-919198386117?aff=oddtcreator](https://www.eventbrite.com.au/e/arp-policy-deep-dive-reduction-and-elimination-of-restrictive-practices-tickets-919198386117?aff=oddtcreator)

## Quality Assurance Panels practice group sessions



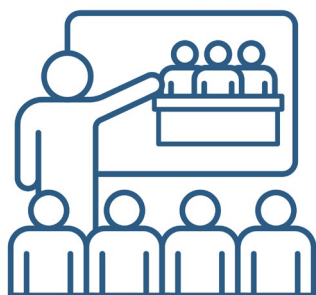
There will be one practice group for:

- senior managers
- practitioners
- **delegates.**



A delegate is a person who:

- is part of the provider's organisation
- speaks for the provider's organisation.

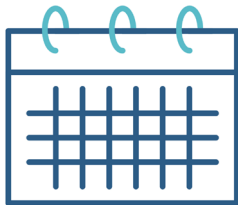


You need to go to an information session about Quality Assurance Panels before you can take part in a practice group session.

## “Anne”



This practice group uses the example called ‘Anne’.



This practice group session will be:

- on Monday 17 March 2025
- from 1:30 pm to 3:30 pm.

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



[www.eventbrite.com.au/e/arp-quality-assurance-panels-practice-session-scenario-anne-tickets-795116945187](https://www.eventbrite.com.au/e/arp-quality-assurance-panels-practice-session-scenario-anne-tickets-795116945187)



## 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.



### **Behaviour support practitioner**

Behaviour support practitioners work with a person to create a behaviour support plan.

The behaviour support plan might include restrictive practices.

They follow the rules in our policy about restrictive practices.



### **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.



## **Delegate**

A delegate is a person who:

- is part of the provider's organisation
- speaks for the provider's organisation.



## **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.

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



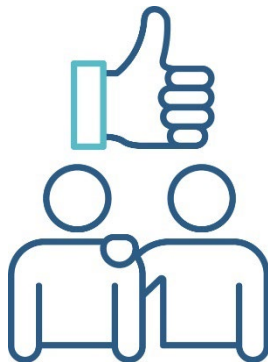
The NDIS Commission makes sure people with disability who take part in the NDIS:

- 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.



## **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:

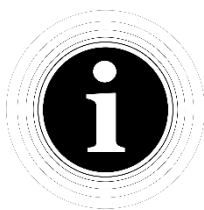
- moving
- doing what they want.

## Rights



Rights are rules about how people must treat you:

- fairly
- equally.



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