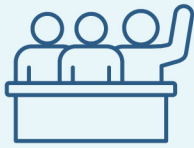




ARP Bulletin 16



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 16: October 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.

Bold
Not bold

We wrote some words in **bold**.

We explain what these words mean.

There is also a list of these words on page **46**.



You can ask someone you trust for support to:

- read this bulletin
- find more information.



This is a long bulletin.

You don't need to read it all at once.

You can take your time.



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

What's in this bulletin?

About our bulletins	6
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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 on page **13**.



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.

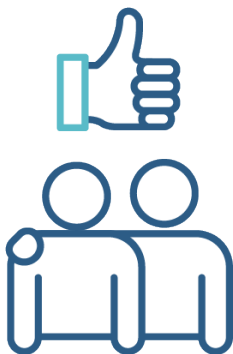


We call it the *Authorisation of Restrictive Practices in Funded Disability Services Policy*.

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.



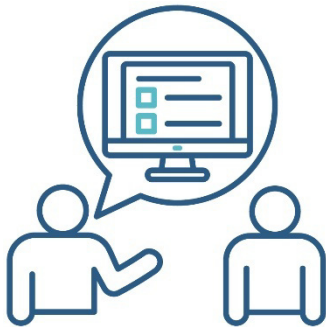
In each bulletin we look at a different idea about positive behaviour support.

Our other bulletins



You can find our other bulletins on our website.

www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources



You can share our bulletins with anyone who might find them helpful.



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



Or you can visit our website.

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 are the rules about using physical restraint?



In this bulletin, we talk about the rules you must follow about **physical restraint**.



When you use physical restraint, you hold someone's body so they can't move:

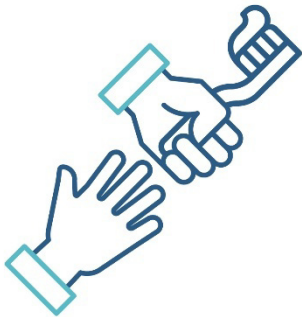
- at all
- as much.



Physical restraint is a type of restrictive practice.



It might not be physical restraint if you use it to help someone do something.



For example, if you gently move someone's hand to help them brush their teeth.



We explain the rules about using physical restraint below.



Most types of physical restraint must be included in a person's **behaviour support plan**.



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



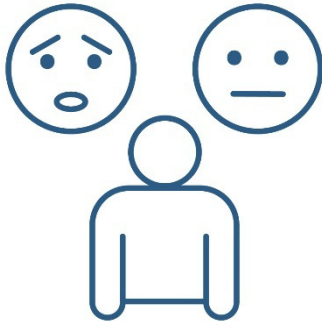
Restrictive practices in a behaviour support plan must always be approved by a **Quality Assurance Panel**.



A Quality Assurance Panel must:

- check a behaviour support plan
- decide if the restrictive practice can happen.

You can work out if something is physical restraint by:



- how it feels for the person



- how much strength you need to use

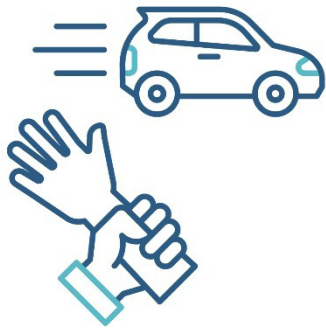


- why you are planning to use the physical restraint.

You might not need to include physical restraint in a person's behaviour support plan if you:



- only use it once
- and
- use it to keep people safe.



For example, if you hold a person's arm once to stop them from crossing the road when cars are coming.

This is a dangerous situation you don't expect to happen.

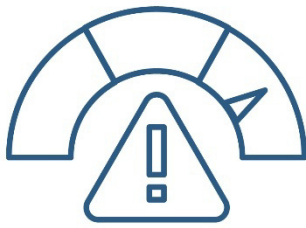


But if you need to hold a person's arm every time they cross the road, you might need to include this in a person's behaviour support plan.

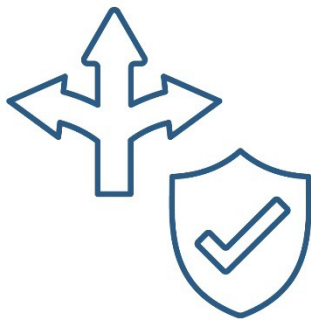
When physical restraint is included in a behaviour support plan



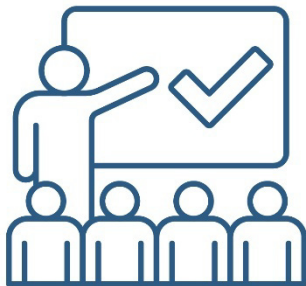
Providers must follow these rules when physical restraint is included in a person's behaviour support plan.



Providers must only use physical restraint when people are at risk of harm.



Providers must try other ways to keep the person from harm before they use physical restraint.



Providers must make sure their workers get the right training to use physical restraint safely.



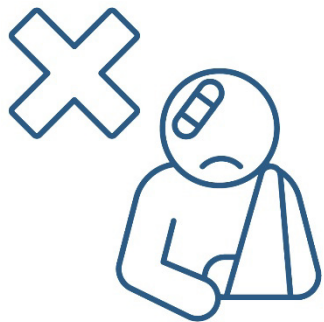
Providers should work with other health professionals to understand how physical restraint might affect the person.



Providers should think about a person's past experience with physical restraint.



Providers should think about the person's way of life and what they believe before they use physical restraint.



Providers should never use physical restraint that could harm a person.

The Right Direction project



The Right Direction project helps make sure people with disability and their families are included in decisions about supports.



This includes decisions about:

- what support they get
- how they get support.



The project includes information and resources for:

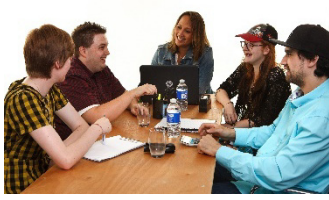
- providers
- **behaviour support practitioners.**



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



They follow the rules in our policy about restrictive practices.



People from the disability community helped create the information and resources.



They worked with people from:

- the University of Melbourne
- the University of Queensland.



You can find out more on [The Right Direction website](#).

Understanding the needs of providers and support teams

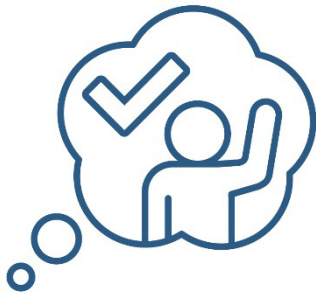
In bulletin 15, we looked at a tool that can help people think about:



- important needs that everyone has



- if supports are meeting a person's needs.



This tool is called 'Understanding Me'.

In this bulletin, we look at:



- what providers need
- how they should help **support teams**
- what support teams need.



Support teams include all the people who provide support to a person with disability.

Every support team looks different.

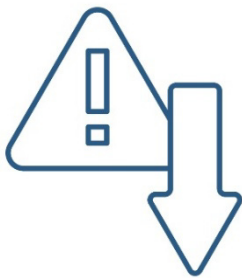
A person's support team might include their:



- family and friends
- carers
- support workers.



Quality is about providing good services that meet the needs of people with disability.



When a person gets good quality support, they might have less **behaviours of concern**.



Behaviours of concern are ways someone behaves that might put:

- them in danger
- other people in danger.



When a person has less behaviours of concern, they might:

- need less restrictive practices
- not need restrictive practices at all.

What providers need

Providers need:



- leaders who use positive behaviour support



- clear rules about how to use positive behaviour support.

How providers should help support teams



Providers should help support teams to use positive behaviour support.

They should:



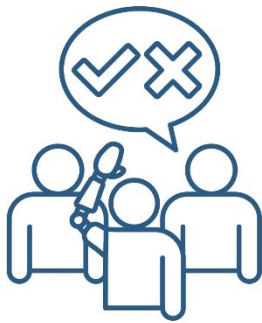
- support team members to think about how to improve their support



- support team members to build their skills



- help team members to work together



- make sure team members include the person in decisions about their supports.

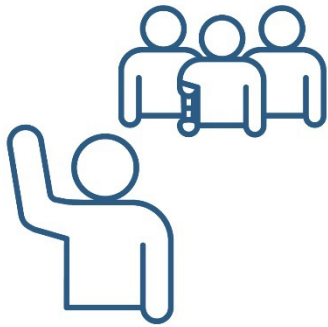
What support teams need



You can think about these questions to understand what support teams need.



Who is part of a person's support team?



Is there anyone else who needs to be part of the support team?



Can each team member share their ideas?



This includes sharing ideas about what:

- is working well
- could be better.



Is each team member treated with respect?



Does each person in the support team understand and use positive behaviour support?



Does each person in the support team have enough time and support to use good positive behaviour support?



Is everyone in the support team working together to support the person?



Does each person in the support team have a chance to learn from each other?



Can each person in the support team get the information and support they need?

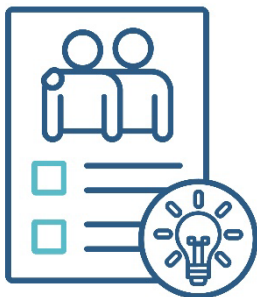
This includes:



- support from other team members



- training to understand how to support people's needs.



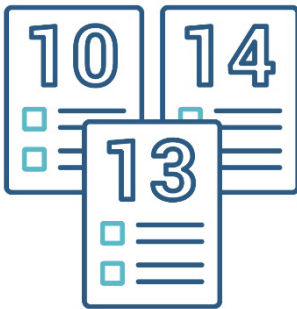
In our next bulletin, we'll look at another idea about positive behaviour support.

Learn more about the 'Understanding Me' tool

You can visit our website to learn more about the 'Understanding Me' tool.



www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources#providers-and-behaviour-support-practitioners



You can also learn more about this tool in:

- **bulletin 10**
- **bulletin 13**
- **bulletin 14.**

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

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 can happen.



Providers can email DDWA.

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

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



The **NDIS Quality and Safeguards Commission**
(**NDIS Commission**) makes sure people with
disability who take part in the NDIS:

- are safe
- get good services.



You can contact the 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

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.

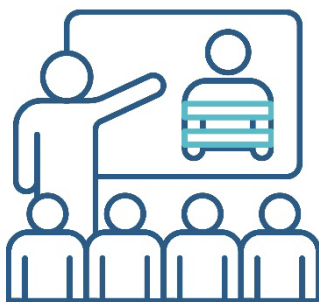
www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources

Training sessions for providers and behaviour support practitioners



There will be 7 information sessions for:

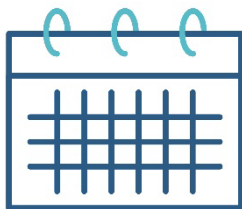
- providers
- behaviour support practitioners.



2 of the information sessions are about:

- our policy
- restrictive practices.

These information sessions will be on:

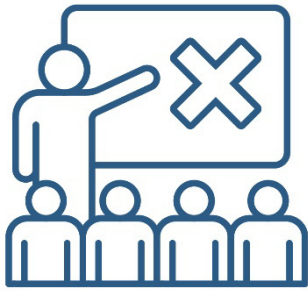


- Monday 10 November 2025
from 1:30 pm to 3 pm
- Thursday 4 December 2025
from 1:30 pm to 3 pm.

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

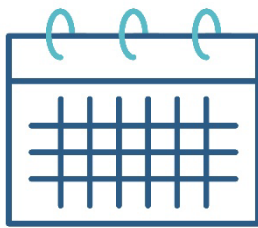


www.eventbrite.com.au/e/authorisation-of-restrictive-practices-arp-policy-overview-session-tickets-531745032707



2 of the information sessions are about restrictive practices that are not part of our policy.

These information sessions will be on:

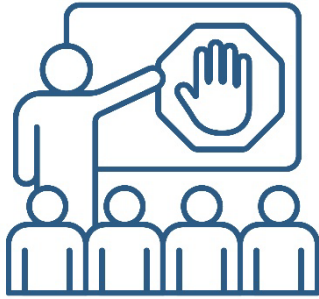


- Wednesday 29 October 2025
from 10:30 am to 12 pm
- Monday 1 December 2025
from 1:30 pm to 3 pm.



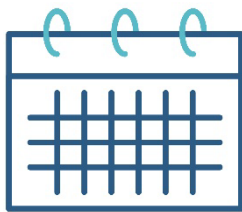
You can sign up for this session on the Eventbrite website.

www.eventbrite.com.au/e/arp-policy-deep-dive-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 Wednesday 12 November 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-reduction-and-elimination-of-restrictive-practices-tickets-919198386117?aff=oddtcreator



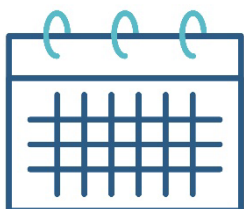
2 of the information sessions are about:

- our policy
- **supported decision-making.**



Supported decision-making is when someone helps you make important decisions about your life and how you live.

These information sessions will be on:



- Tuesday 28 October 2025
from 1:30 pm to 3:30 pm
- Thursday 27 November 2025
from 10:30 am to 12:30 pm.

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



www.eventbrite.com.au/e/authorisation-of-restrictive-practices-policy-supported-decision-making-tickets-721881786857

Information sessions for senior managers, practitioners and delegates

There will be 2 information sessions for:



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



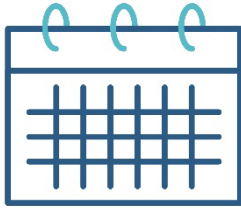
A delegate is a person who:

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



These information sessions are about
Quality Assurance Panels.

These information sessions will be on:



- Thursday 23 October 2025
from 10 am to 1 pm
- Wednesday 26 November 2025
from 1 pm to 4 pm.

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



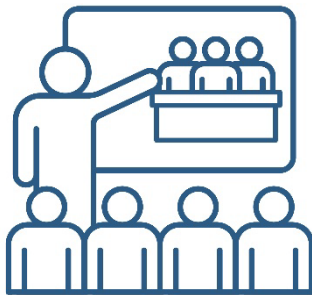
www.eventbrite.com.au/e/quality-assurance-panels-introductory-session-tickets-682040550647

Quality Assurance Panels practice group sessions

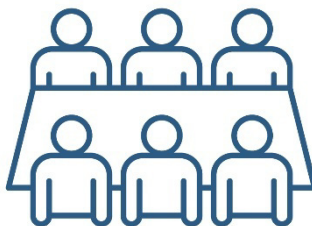
There will be one practice group for:



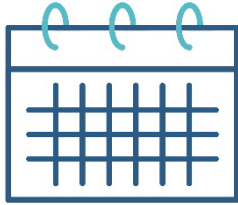
- senior managers
- practitioners
- delegates.



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



This practice group uses the example called 'Kate'.



This practice group session will be:

- on Monday 3 November 2025
- from 1:30 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-kate-tickets-795108509957?aff=oddtcreator

Word list

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

Behaviours of concern



Behaviours of concern are ways someone behaves that might put:

- them in danger
- other people in danger.



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.

They follow the rules in our policy about restrictive practices.



Bulletin

A bulletin is important news we share with the community.



Delegate

A delegate is a person who:

- is part of a 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 can 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.

Physical restraint



When you use physical restraint, you hold someone's body so they can't move:

- at all
- as much.



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 providing good services that meet the needs of people with disability.



Quality Assurance Panel

A Quality Assurance Panel must:

- check a behaviour support plan
- decide if the restrictive practice can happen.



Restrictive practices

Restrictive practices are actions that stop people from:

- moving
- doing what they want.



Support teams

Support teams include all the people who provide support to a person with disability.



Supported decision-making

Supported decision-making is when someone helps you make important decisions about your life and how you live.



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Quote job number 6431.