



ARP Bulletin 17



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 17: February 2026



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:

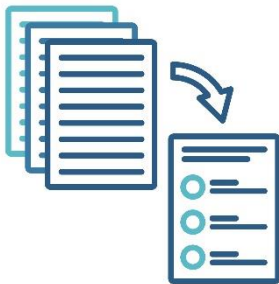
- read this bulletin
- find more information.



This is 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?

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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 supported decision making?**



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.



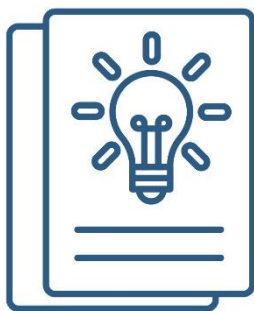
Positive behaviour support is about helping:

- 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/departments-of-communities/authorisation-of-restrictive-practices



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

What is supported decision making?



In this bulletin, we talk about **supported decision making**.



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



For example, your provider or **behaviour support practitioner**.



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

This plan might include restrictive practices.

They follow the rules in our policy about restrictive practices.

In this bulletin, we just call them practitioners.



People with disability have the same rights as others to:

- make their own decisions
- get support to make decisions
- know what they want for themselves.

Supported decision making helps people:



- live how they want to



- get the support they need.

Using supported decision making when there are restrictive practices



Providers and practitioners must use supported decision making for people with disability who need support to make decisions.

For example, decisions about:



- what they want and need in their daily life



- what supports the provider uses to meet the person's needs



- what type of restrictive practice the provider might use.



Providers and practitioners must find out how a person feels about the restrictive practices being used.



They can only use restrictive practices if it keeps the person and others safe from harm.



Providers and practitioners should include other people close to the person when supporting them to make decisions.

For example, the person's family or carer.



When people with disability are supported to make their own decisions, they are less likely to show **behaviours of concern**.



Behaviours of concern are things someone does that might put:

- themselves in danger
- other people in danger.



People might show behaviours of concern when they don't get the support they need.



When this happens, providers might use restrictive practices.



Providers must learn what each person needs and wants.

This will help providers:



- give the best positive behaviour support



- find out if something isn't working well



- use less restrictive practices.

How to make sure **Quality Assurance Panels** are fair



A **Quality Assurance Panel** is a group of people who must:

- check a **behaviour support plan**
- decide if the restrictive practice can happen
- follow the rules in our policy about restrictive practices.



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



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

A Quality Assurance Panel includes:



- at least one provider
- and
- an **Independent External Behaviour Support Practitioner**.

An Independent External Behaviour Support Practitioner:



- needs to be on all Quality Assurance Panels
- helps decide if a restrictive practice can happen.

In this bulletin, we just call them external practitioners.



External practitioners must not:

- make or help make the behaviour support plan they are checking
- work for providers who will use the behaviour support plan they are checking.



External practitioners must be fair and always put the rights of the person first.

Conflict of interest



A **conflict of interest** is when someone could affect a decision so the result is better for them.



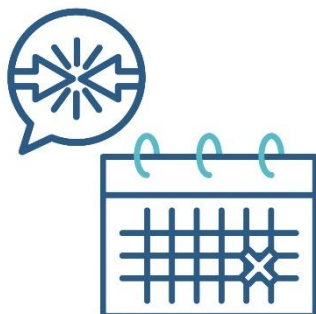
External practitioners should not have any conflicts of interest when they check a behaviour support plan.



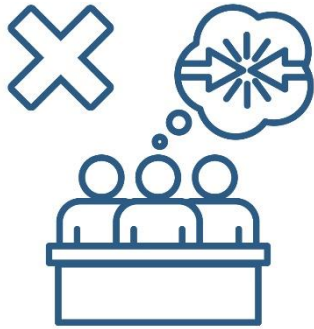
For example, it might be a conflict of interest if an external practitioner has met the person the behaviour support plan is about.



An external practitioner must tell the other Quality Assurance Panel members if they think there might be a conflict of interest.



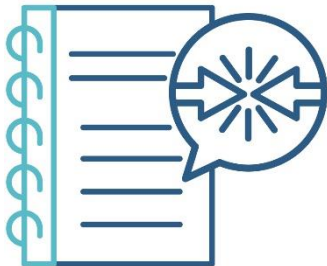
They must do this before the Quality Assurance Panel meeting.



The external practitioner must not be a member of the Quality Assurance Panel if they can't deal with the conflict of interest.



The provider who ran the Quality Assurance Panel meeting must write a report after the meeting.



The provider who ran the meeting must:

- include any conflicts of interest in the report and
- explain what the external practitioner did to deal with the conflict of interest.

Showing how we worked together in positive behaviour support



In this bulletin, we looked at what good positive behaviour support looks like.



Positive behaviour support works best when everyone who supports a person:

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

This makes sure everyone who supports a person:



- understands the person's behaviour
- meets the person's needs
- provides the right support.



Practitioners should ask the person who they want to support them when they meet.



Practitioners must meet with the person to listen to their experiences and work together.



Practitioners should build trust and connect with the person and their support people.

They can do this by:



- listening to a person's past experiences



- asking what a person wants and needs



- talking about what a person does well

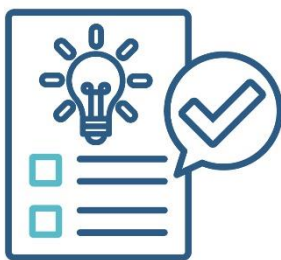


- understanding what supports a person needs.



Working together helps practitioners find out how to meet the needs of the person and their support team.

Proof that practitioners have worked together with people and their supports



A behaviour support plan includes proof that a practitioner has:

- listened to the person's ideas
- worked together with the person and their supports.

For example, a behaviour support plan should include information about:



- when a practitioner met with the person and who else was there



- what the person and their support people shared

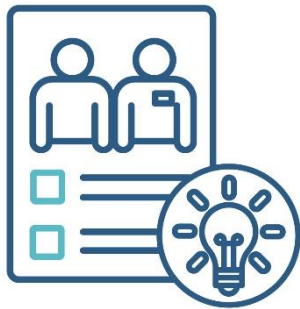
For example, what they want and what could work better



- how to meet the needs of the person and their support team.



Good positive behaviour support can help a person live a good life.



In our next bulletin, we'll look at another 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

Supports for providers



We can help providers find an external behaviour support practitioner for a Quality Assurance Panel.



Providers can ask to book an external practitioner on our website.

www.wa.gov.au/organisation/departments-of-communities/book-independent-external-practitioner



Providers can also email us.

QAP@communities.wa.gov.au

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.

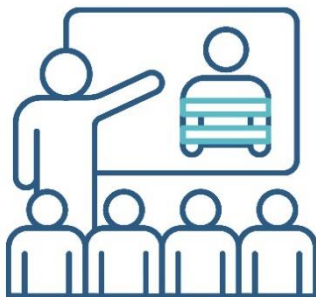
www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources

Training sessions for providers and behaviour support practitioners



There will be 8 information sessions for:

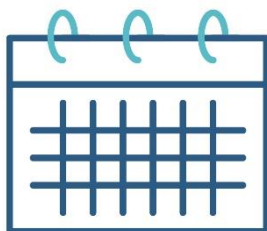
- providers
- behaviour support practitioners.



4 of the information sessions are about:

- our policy
- restrictive practices.

These information sessions will be:

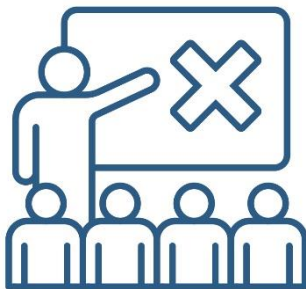


- Thursday 5 February 2026
from 1:30 pm to 3:00 pm
- Wednesday 25 February 2026
from 1:30 pm to 3:00 pm
- Tuesday 17 March 2026
from 1:30 pm to 3:00 pm
- Thursday 30 April 2026
from 10:00 am to 11:30 am.

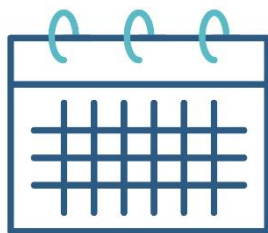


You can sign up for this session on the Eventbrite website.

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



One information session is about restrictive practices that are not part of our policy.



This information session will be:

- Tuesday 10 March 2026
from 1:30 pm to 3:00 pm.



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

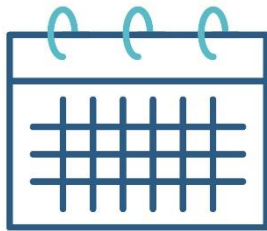
www.eventbrite.com.au/e/arp-policy-deep-dive-out-of-scope-practices-tickets-682050831397



2 of the information sessions are about how to:

- use less restrictive practices
- stop using restrictive practices.

This information session will be:



- Monday 9 February 2026
from 1:30 pm to 3:00 pm
- Monday 23 March 2026
from 1:30 pm to 3:00 pm.

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

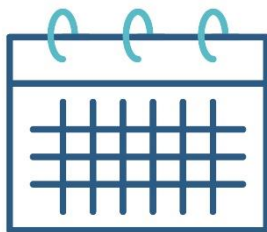


www.eventbrite.com.au/e/arp-policy-deep-dive-reduction-and-elimination-of-restrictive-practices-tickets-919198386117?aff=oddtcreator



One of the information sessions is about:

- our policy
- supported decision-making.



This information session will be:

- Thursday 19 March 2026
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 an information session for:



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

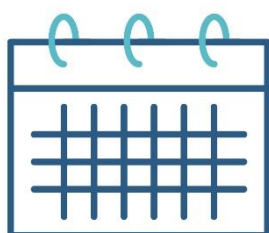


A delegate is a person who:

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



The information session is about
Positive Behaviour Support.



This information session will be:

- Tuesday 24 February 2026
from 1:30 pm to 3:00 pm.

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



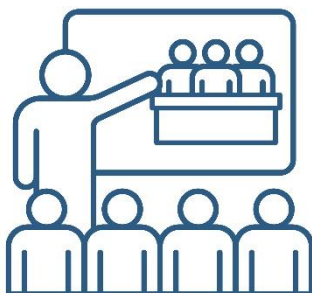
www.eventbrite.com.au/e/intro-to-positive-behaviour-support-for-senior-managersdelegates-on-qaps-tickets-682006278137?aff=oddttdtcreator

Quality Assurance Panels practice group sessions

There will be one practice group for:



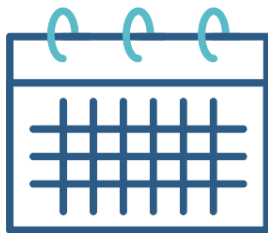
- senior managers
- practitioners
- delegates.



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 'Anne'.



This information session will be:

- on Wednesday 11 March 2026
- from 1:30 pm to 3:30 pm.



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

www.eventbrite.com.au/e/arp-quality-assurance-panels-practice-session-scenario-anne-tickets-795116945187?aff=ebdsoporgprofile

Word list

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

Behaviours of concern



Behaviours of concern are things someone does that might put:

- themselves in danger
- other people in danger.



Behaviour support plan

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

Behaviour support practitioners



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

This plan might include restrictive practices.



They follow the rules in our policy about restrictive practices.



Bulletin

A bulletin is important news we share with the community.



Conflict of interest

A conflict of interest is when someone could affect a decision so the result is better for them.



Delegates

A delegate is a person who:

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

Independent External Behaviour Support Practitioner



Independent 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.



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 is a group of people who must:

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



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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www.informationaccessgroup.com.

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