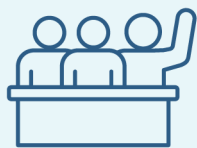




ARP Bulletin 2



Our rules about restrictive practices

What you need to know about our policy: Authorisation of Restrictive Practices in Funded Disability Services Policy

An Easy Read bulletin

Issue 2: December 2022



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 see 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** on page 37.



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



You can ask for help to read this bulletin.
A friend, family member or support person may 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 [Why we need our policy](#) on page 14.



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.

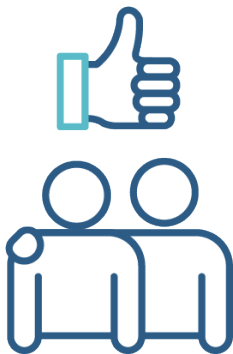


We call it the *Authorisation of Restrictive Practices in Funded Disability Services Policy*.

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.

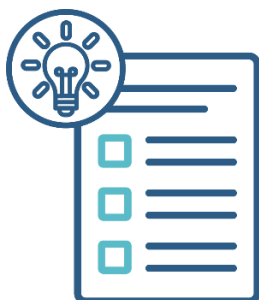
Positive behaviour support works best when everyone:



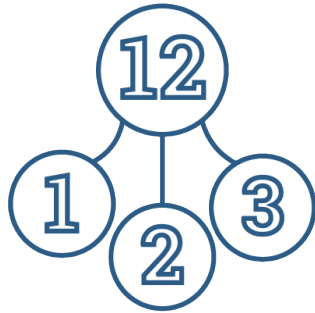
- listens to what a person with disability wants and needs
- works together.



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

1



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



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.

Why we need our policy



In this bulletin, we explain why we need our policy.

Our policy includes rules about restrictive practices.



It also includes a plan to:

- use less restrictive practices
- stop using restrictive practices.

Our policy makes sure:



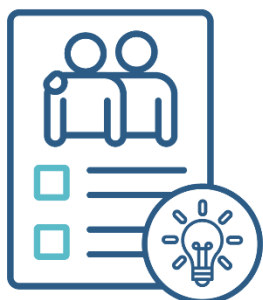
- providers use restrictive practices for the right reasons
- people protect the rights of people with disability.



You can read more about our policy on our website.

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

How the environment affects people

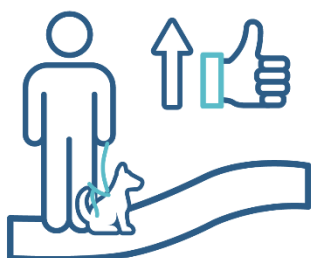


In this bulletin, we look at another idea from the research about positive behaviour support.

We will look at understanding:



- how the environment can affect a person with disability



- what support a person with disability needs in their environment.

People with disability experience **barriers**.

A barrier is something that stops you from doing something you:



- need to do
- want to do.

A barrier could be:



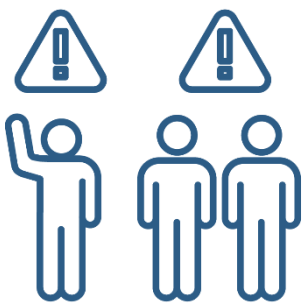
- physical, for example not having a ramp to get into a building



- social, for example being told you can't take part because you're a person with disability.



When the environment isn't supporting what someone needs, they might show **behaviours of concern.**



Behaviours of concern are things someone does that might put:

- themselves in danger
- other people in danger.



This is how a person with disability might communicate that something in their environment isn't supporting what they need.

Questions to think about



It is important to try to understand the experiences of:

- people with disability
- their family and carers.



This can help you think about:

- the barriers that affect people with disability
- what they need.



You can also think about the following questions.



How do the people around a person with disability support what they need?

For example, their family and carers.



Are the people around a person with disability supporting what they need across the day?



Do people need to do more **assessments**, to better understand what a person with disability needs?

Assessments can help to work out:

- what a person with disability needs
- how to support them.



Are there situations that make a person with disability:

- feel good?
- handle their emotions about the environment well?



For example, you can think about:

- where the person with disability was
- who they were with
- how other people were supporting them
- what the people around them weren't doing.



Are there situations where:

- a person with disability doesn't feel good?
- things don't go well?

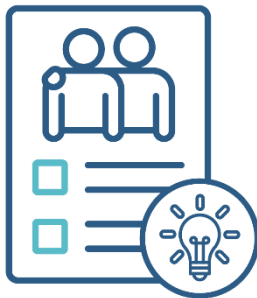


You can think about:

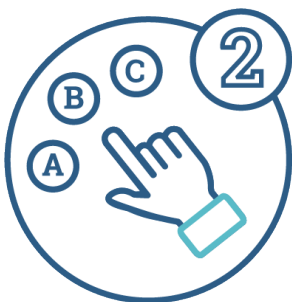
- where the person with disability was
- who they were with
- what the people around them were doing
- what the people around them weren't doing.



Thinking about these questions is an important part of positive behaviour support.



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



The next idea is about understanding a person's right to make their own decisions.

How well do you know our policy?

Question 1



What can I do if my provider says they can't use a restrictive practice?



You might want your provider to use a restrictive practice to keep your family member safe.



Providers need to keep people safe.

If your provider says no, you can:



- ask them why they can't use the restrictive practice



- contact the **NDIS Quality and Safeguards Commission (NDIS Commission)** for support.



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

- are safe
- get good services.

Question 2

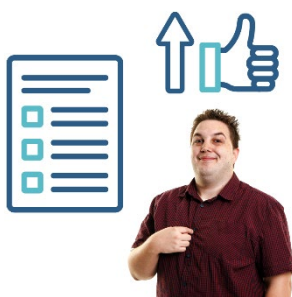


Can providers change the **Quality Assurance Panel** report?



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

They decide if a restrictive practice can happen.



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

It can include restrictive practices.

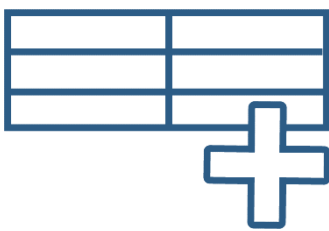


After the Quality Assurance Panel checks the behaviour support plan, they will:

- follow the rules in our policy about if the restrictive practice can happen
- write their decision in a report.



Providers can't change how the report looks.



But they can add extra tables by:

- copying the ones that are there
- pasting them in that section.



For example, providers can add more:

- panel members
- restrictive practices.



Providers can also add text where it says 'enter text here'.

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



If you are a provider and you need more support, you can email National Disability Services Western Australia.

sectorreadinessWA@nds.org.au

Providers who give psychosocial support



You might support someone with a **psychosocial disability**.

A psychosocial disability affects a person's mental health.



If you provide this support, you can email Western Australian Association for Mental Health.

ready4QSC@waamh.org.au

Quality Assurance Panels



Providers can email Development Disability WA (DDWA).

ddwa@ddwa.org.au



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 is okay.



The 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.



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.

wabehavioursupport@ndiscommission.gov.au

Training and information sessions



We hold free information sessions for:

- providers
- families and carers
- **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.



You can ask any questions you have during the sessions.



All our sessions are online through Microsoft Teams.

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

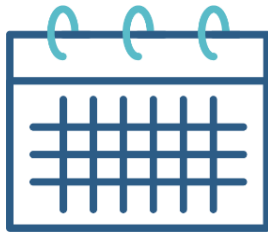
Information sessions for providers



There will be 2 information sessions for providers about:

- our policy
- restrictive practices.

The information sessions will be on:

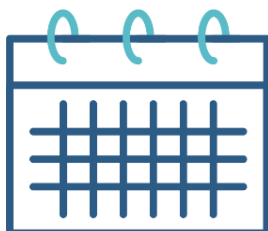


- Wednesday 15 February 2023
from 10:30 am to 12 pm
- Wednesday 8 March 2023
from 10:30 am to 12 pm.



There will also be 2 information sessions for providers about practices that our policy doesn't cover.

The information sessions will be on:



- Tuesday 28 February 2023
from 1 pm to 2 pm
- Tuesday 28 March 2023
from 1 pm to 2 pm.

Information sessions for families and carers

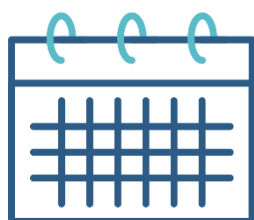


There will be 2 information sessions for the families and carers of people with disability.



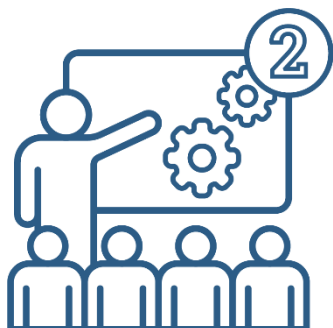
These information sessions are about restrictive practices.

The information sessions will be on:



- Thursday 23 February 2023
from 12 pm to 1:30 pm
- Wednesday 1 March 2023
from 12 pm to 1:30 pm.

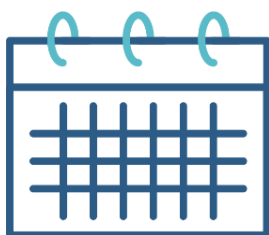
Introduction training sessions for behaviour support practitioners



There will be 2 introduction training sessions for behaviour support practitioners.

These training sessions will teach you how to take part in a Quality Assurance Panel.

The information sessions will be on:



- Tuesday 7 February 2023
from 1 pm to 4 pm
- Wednesday 1 March 2023
from 10 am to 1 pm.

Training sessions for behaviour support practitioners

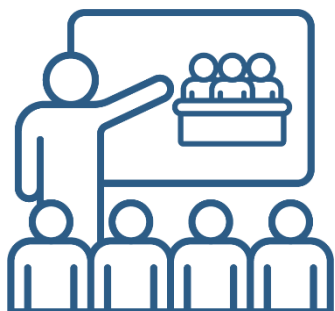
There will be 2 group training sessions for behaviour support practitioners.



These include:

- group 17
- group 18.

You can choose which group to take part in.



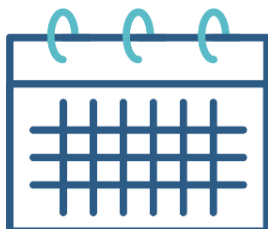
These group training sessions will teach you how to take part in a Quality Assurance Panel.



Each group has 3 training sessions.

You need to take part in all 3 training sessions.

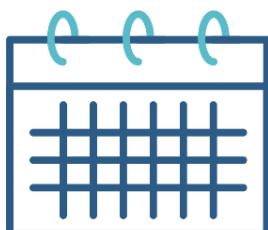
Group 17



All 3 sessions will be from 1 pm to 3 pm.

- Tuesday 21 February 2023
- Tuesday 21 March 2023
- Tuesday 4 April 2023.

Group 18



All 3 sessions will be from 10 am to 12 pm.

- Wednesday 15 March 2023
- Wednesday 26 April 2023
- Wednesday 24 May 2023.

Word list

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



Assessment

Assessments help to work out:

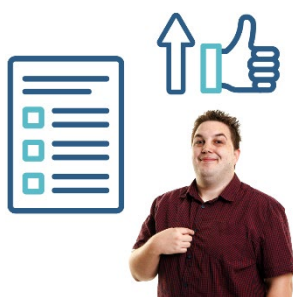
- what a person with disability needs
- how to support them.



Barriers

A barrier is something that stops you from doing something you:

- need to do
- want to do.



Behaviour support plan

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

It can include restrictive practices.

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.

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.

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.



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.



Psychosocial disability

A psychosocial disability affects a person's mental health.

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 can happen.

They follow the rules in our policy about restrictive practices.

Restrictive practices



Restrictive practices are actions that stop people from:

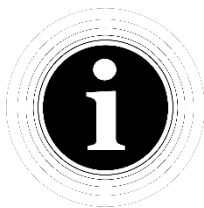
- moving
- doing what they want.



Rights

Rights are rules about how people must treat you:

- fairly
- equally.



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