



ARP Bulletin 3



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 3: February 2023



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 39.



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 peoples 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 on page 14.

The next section is called **What are regulated 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 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.

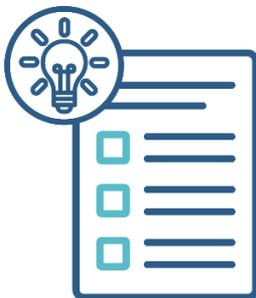


Positive behaviour support works best when everyone:

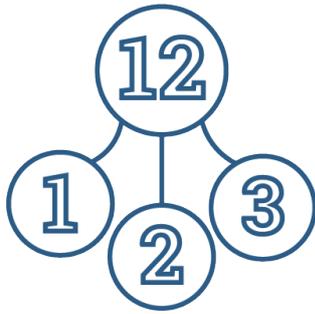
- listens to what a person with disability wants and needs
- works together.



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 with disability 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.

What are regulated restrictive practices?



When restrictive practices are **regulated**, it means there are rules about how people use them.

If providers use regulated restrictive practices, they must follow the rules:



- in our policy



- the **NDIS Quality and Safeguards Commission (NDIS Commission)** make.



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

- are safe
- get good services.



These rules help to protect the rights of people with disability.



There are 5 different types of regulated restrictive practices.

1. Seclusion



Seclusion is when a person has to stay alone in a room or space.



This includes when they:

- can't leave
- or
- feel like they can't leave.

2. Chemical restraint

Chemical restraint is when someone uses medicine to change how a person acts.



It doesn't include medicine that a doctor gives someone for an illness that they have.

For example, medicine they need for:

- their mental health
- a physical illness.

3. Physical restraint



Physical restraint is when someone holds:

- a person's whole body
- part of their body.



This is to try to stop the person from:

- moving
- doing something.

It doesn't include quickly guiding a person away from danger.

4. Mechanical restraint



Mechanical restraint is when someone uses equipment that stops a person moving.

It doesn't include equipment that supports people.

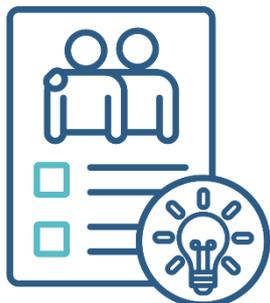
5. Environmental restraint



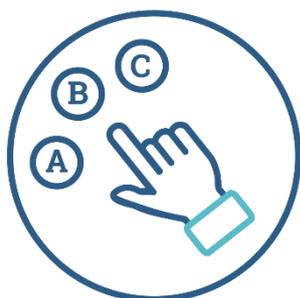
Environmental restraint is when a person can't:

- use certain items
- go to certain areas
- take part in activities.

How to support decision-making



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



We talk about understanding a person's rights to make their own decisions.



Everyone should be able to:

- make their own choices
- control their lives.



But some people need support to make decisions about their life.

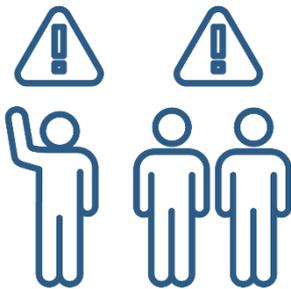
We call this **supported decision-making**.



If a person with disability doesn't have the support they need to make decisions, they might feel frustrated.



They might try to tell someone how they feel with their behaviour.



This behaviour might put themselves or other people in danger.



It is important to support people with disability to make their own decisions.

This includes working closely with:



- a person with disability



- the people who know them best.



This will help people to understand how to support a person with disability to:

- make decisions about their life
- tell people what support they need.



Behaviour support plans must include information about ways to support people with disability to make decisions.

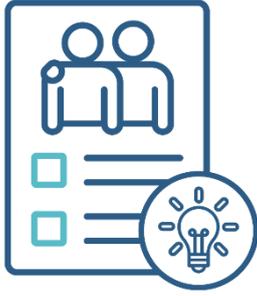
A behaviour support plan is a document that explains what support a person with disability needs.

It can include restrictive practices.



You can find out more in the 'Supported Decision Making' information sheet on our website.

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



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



The next idea is about working together to support people with disability.

How well do you know our policy?



Do you know if there are any practices that you can't use?



There are some practices that you can't use.

This is because they put people with disability in danger.



They can lead to people getting hurt or even dying.



These practices don't follow the rules in our policy.



You can read more about these practices in bulletin 4.

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



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.



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 to decide if a restrictive practice can happen.



The Government pays external 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 an email.

arp@communities.wa.gov.au

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



You can also 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

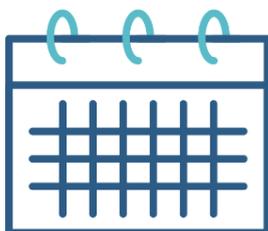
Information sessions for providers



There will be 3 information sessions for providers about:

- our policy
- restrictive practices.

The information sessions will be on:

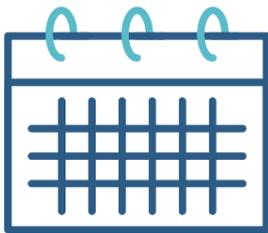


- Wednesday 8 March 2023
from 10:30 am to 12 pm
- Wednesday 5 April 2023
from 10:30 am to 12 pm
- Wednesday 10 May 2023
from 10:30 am to 12 pm



There will also be 3 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
- Tuesday 30 May 2023
from 1 pm to 2 pm

Information sessions for families and carers

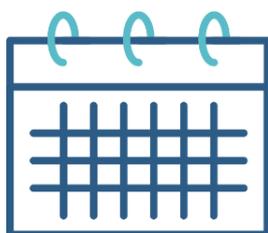


There will be 2 information sessions for the families and carers of people with disability.



These information sessions are about restrictive practices.

The information sessions will be on:



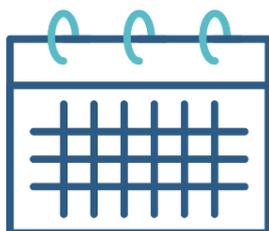
- Thursday 23 February 2023
from 12 pm to 1:30 pm
- Wednesday 1 March 2023
from 12 pm to 1:30 pm

Information sessions for practitioners about Quality Assurance Panels



There will be 2 information sessions for practitioners about Quality Assurance Panels.

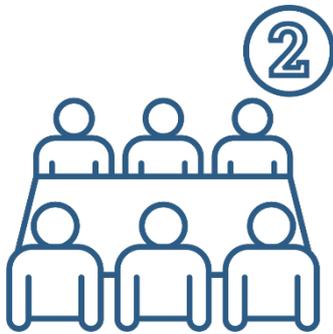
The information sessions will be on:



- Wednesday 1 March 2023
from 10 am to 1 pm
- Wednesday 3 May 2023
from 10 am to 1 pm.

Training sessions for practitioners about Quality Assurance Panels

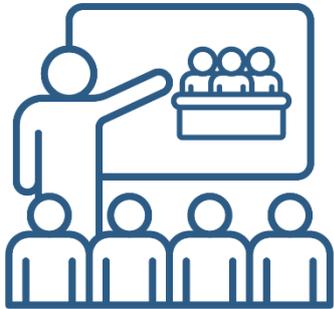
There will be 2 group training sessions for practitioners about Quality Assurance Panels.



These include:

- group 17
- group 18
- group 19.

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.

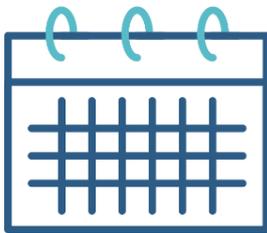


Each group has 3 training sessions.

You need to take part in all 3 training sessions.

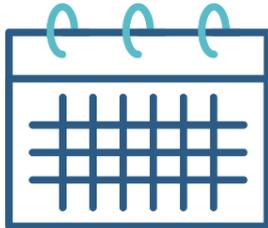
Group 17

The sessions will be on:



- Tuesday 21 February 2023
from 1 pm to 3 pm
- Tuesday 21 March 2023
from 1 pm to 3 pm
- Tuesday 4 April 2023
from 1 pm to 3 pm.

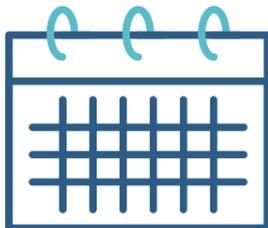
Group 18



The sessions will be on:

- Wednesday 15 March 2023
from 10 am to 12 pm
- Wednesday 26 April 2023
from 10 am to 12 pm
- Wednesday 24 May 2023
from 10 am to 12 pm.

Group 19



The sessions will be on:

- Wednesday 17 May 2023
from 10 am to 12 pm
- Wednesday 21 June
from 10 am to 12 pm.
- Wednesday 26 July
from 10 am to 12 pm.

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 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.



Bulletin

A bulletin is important news we share with the community.

Chemical restraint

Chemical restraint is when someone uses medicine to change how a person acts.



It doesn't include medicine that a doctor gives someone for an illness that they have.

For example, medicine they need for:

- their mental health
- a physical illness.

Environmental restraint



Environmental restraint is when a person can't:

- use certain items
- go to certain areas
- take part in activities.

External behaviour support practitioners



External behaviour support practitioners are people that:

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



Mechanical restraint

Mechanical restraint is when someone uses equipment that stops a person moving.

It doesn't include equipment that supports people.

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



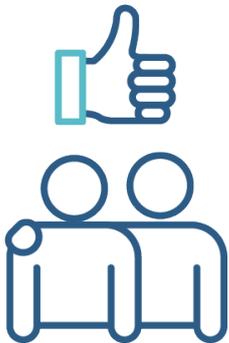
Physical restraint is when someone holds:

- a person's whole body
- part of their body.



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 a restrictive practice can happen.

They follow the rules in our policy about restrictive practices.



Regulated

When restrictive practices are regulated, it means there are rules about how people use them.



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.

Seclusion



Seclusion is when a person has to stay alone in a room or a space.

This includes when they:

- can't leave
- or
- feel like they can't leave.

Supported decision-making



Everyone should be able to:

- make their own choices
- control their lives.

But some people need support to make decisions about their life.

We call this supported decision-making.



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