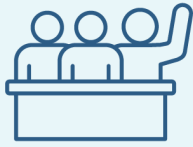




ARP Bulletin 4



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 4: April 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** section on page 35.



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.

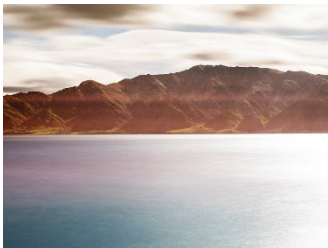


We recognise First Nations people as the traditional owners of our land – Australia.

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 the next section on page 14.

The next section is called **Practices that people can't use.**



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:

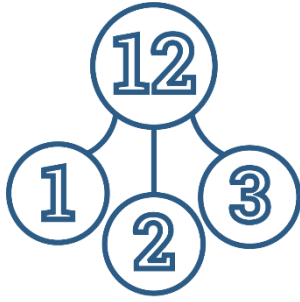
- listens to what a person with disability wants and needs
- works together.



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



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.

Practices that people can't use



In this bulletin, we explain:

- which practices people can't use
- why people can't use them.



There are certain types of practices that people can't use.



They can cause people to get hurt or even die.



We have a list of the practices you can't use in our policy document.

You can read our policy document on our website.

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



These types of practices are against people's rights.

No one should ever use these.



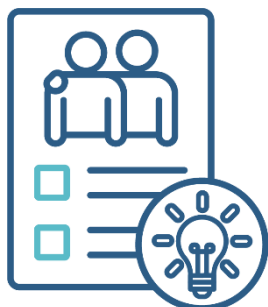
If somebody uses one of these practices, they may get in trouble with the police.



You can read more about our policy on our website.

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

Working together to support people with disability



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



This idea is about working together to support people with disability.



When everyone works together, people with disability:

- are understood better
- have the support they need.

Everyone working together means they:



- listen to everybody



- focus on the things people are good at



- don't expect one person to have all of the answers.

This works well when everybody:



- is open to new ideas



- wants to know what other people think and feel.

When everyone works together, they are more likely to make a plan that everybody:



- understands
- wants to use.

Questions to think about



When everyone works together, it is important to think about the following questions.



Who does the person with disability want to include?



Who are the main support people?



Who knows the person with disability the best?



What is the best way to meet these people?

Think about:

- where to meet them
- when to meet them.



How can you help people feel safe to share what they think?

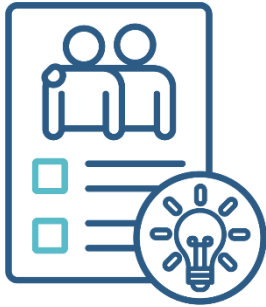


What is important to the main support people when you meet them?

What do they care about?



Would it be helpful to get people together to hear what everybody thinks?



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



The next idea is about stopping restrictive practices that can hurt people.

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



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 us an email.

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.



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

- are safe
- get good services.



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 will be online through Microsoft Teams.

You can find future sessions in our most recent bulletin.



You can find our bulletins on our website.

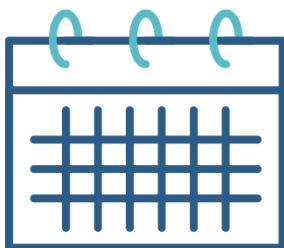
www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources

Information sessions for providers



There will be 2 information sessions for providers about:

- our policy
- restrictive practices.



The information sessions will be on:

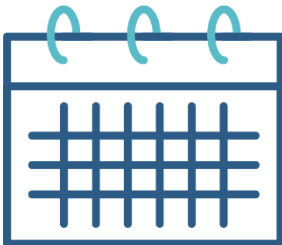
- Wednesday 10 May 2023
from 10:30 am to 12 pm

- Wednesday 7 June 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:



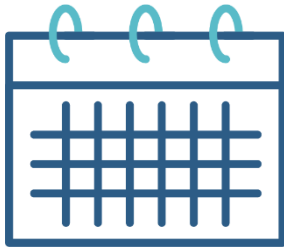
- Tuesday 30 May 2023
from 1 pm to 2 pm
- Tuesday 27 June 2023
from 1 pm to 2 pm.

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 3 May 2023
from 10am to 1 pm
- Tuesday 6 June 2023
from 1 pm to 4 pm.

Training sessions for practitioners who want to be on Quality Assurance Panels



There will be 2 group training sessions for practitioners who want to be on Quality Assurance Panels.

These include:

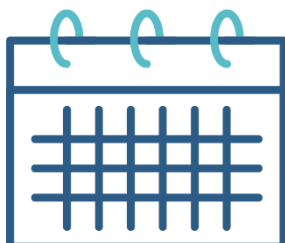
- group 19
- group 20.



Each group has 3 training sessions.

Practitioners have to take part in all 3 training sessions.

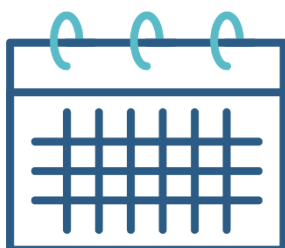
Group 19



The sessions will be on:

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

Group 20



The sessions will be on:

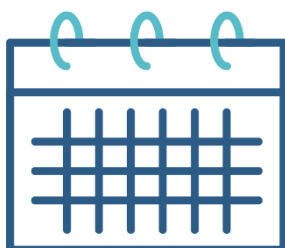
- Tuesday 13 June 2023
from 1 pm to 3 pm
- Tuesday 18 July 2023
from 1 pm to 3 pm
- Tuesday 15 August 2023
from 1 pm to 3 pm.

Information sessions for external behaviour support practitioners



There will be 2 information sessions for external behaviour support practitioners.

The information sessions will be on:



- Tuesday 16 May 2023
from 1:30 pm to 3 pm
- Thursday 8 June 2023
from 10:30 am to 12 pm
- Tuesday 20 June 2023
from 1:30 pm to 3 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.



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
- 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 a restrictive practice can happen.

They follow the rules in the 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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