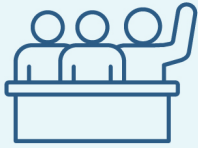




ARP Bulletin 5



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 5: June 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 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.

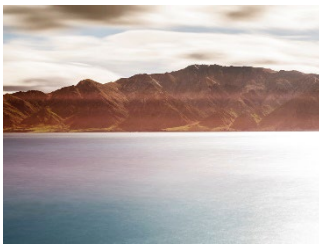


We recognise First Nations people as the traditional owners of our land – Australia.

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 the next section on page 14.

The next section is called **Unintentional behaviours that can put people at risk**.



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.

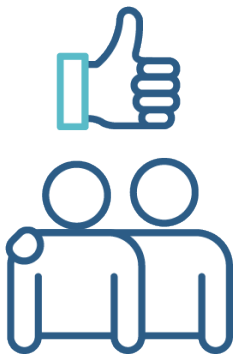


We call it the *Authorisation of Restrictive Practices in Funded Disability Services Policy*.

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.

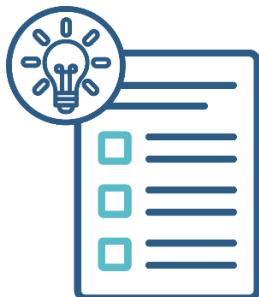
Positive behaviour support works best when everyone:



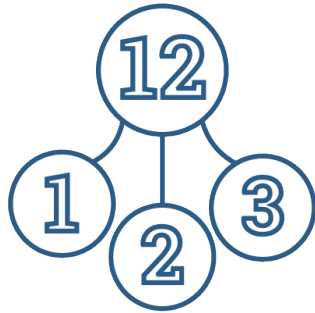
- listens to what a person with disability wants and needs
- works together.



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.

Unintentional behaviours that can put people at risk



Sometimes people with disability can do things that are **unintentional**.



When behaviour is unintentional, it doesn't have a purpose.



If a person with disability does something unintentional, they might hurt:

- themselves
- the people around them.



Unintentional behaviours are very rare.



Our policy doesn't cover unintentional behaviours.



A professional needs to do an **assessment**.

An assessment is a way to find out more about someone's behaviour.



They do this assessment to work out if a person's behaviour doesn't have a purpose.



The professional needs to have the right skills to do this.



You can find out more about unintentional behaviours by signing up to one of our information sessions.

We will tell you about practices that our policy doesn't cover.

We explain more about this in the **Training and information sessions** section.

You can find out more about unintentional behaviours on our website.



On our website, when we talk about 'non-intentional risk behaviour' we mean unintentional behaviour.

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



In this bulletin, we talk about 3 types of unintentional behaviour.

1. Moving in an unsafe way



Some disabilities affect:

- a person's brain
- how they move their body.



It can cause them to move:

- in unsafe ways
- without meaning to.



This behaviour might put them at risk of hurting:

- themselves
- the people around them.

For example, they might:



- hit another person

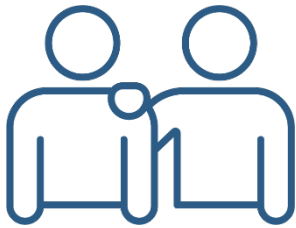


- hit something around them, like a wall.



- fall over.

2. Reacting to support



Some people with disability need support with daily activities.

For example, to brush their teeth.



Some people might react a little bit when someone supports them.

Just reacting a little bit could be an example of unintentional behaviour.

But we say it's not unintentional behaviour if someone:



- reacts a lot
- tries to avoid getting the support.

This is because the person is showing that something is not right.



People must do more assessments to understand why a person is reacting this way.

3. Doing something that is unsafe



A person with disability might do something that is:

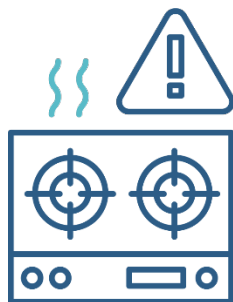
- unsafe
- unintentional.



This can happen because:

- the environment is unsafe
- they don't know that what they are doing is unsafe.

For example, they might:



- touch a hot stove



- walk towards a busy road.

Stopping practices that can hurt people



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

This type of support focuses on:



- stopping practices that can hurt people with disability



- making sure people with disability have the same rights as other people.

Australia must follow laws about protecting the rights of people with disability.



This includes:

- Australian laws
- international agreements.

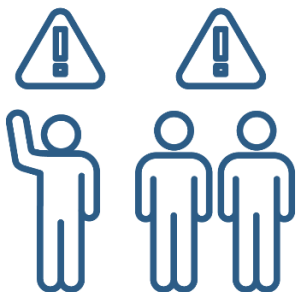


Positive behaviour support is about protecting the rights of people with disability.

And it supports the laws and agreements that Australia follows.



When people with disability don't have the support that they need, they might show **behaviours of concern**.



Behaviours of concern are things someone does that might put:

- themselves in danger
- other people in danger.

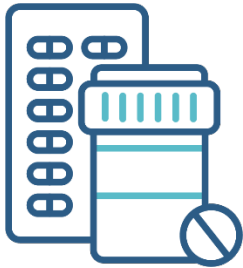


When this happens, carers might use practices that can hurt a person with disability.

For example, they might:



- stop them from moving



- give them medicine more often than they need it



- not allow them to take part in events with their family.



These experiences can hurt people with disability in ways that last a long time.



This includes how they handle their emotions.

These experiences can also hurt their families.



Restrictive practices are against people's rights.

But sometimes carers need to use them to keep people safe.



People need to work together to understand how to best support what a person with disability needs.

Positive behaviour support is about:



- using less restrictive practices



- working together to support a person with disability to live a good life.

Questions to think about

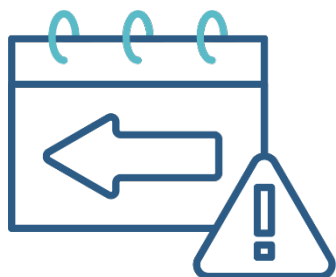


It is important for people to try to understand the experiences of people with disability.

This includes experiences that might have hurt them in the past.



You can think about the following questions.



Has the person with disability had experiences that hurt them in the past?

Are they having those sorts of experiences now?



During assessments about the person's behaviour, have people thought about these experiences?



Have you asked the person with disability about:

- their experiences?
- how their experiences affect them?



Do the people who support the person with disability understand how their experiences affect them?



What support does the person with disability need to share their experiences with you?



Do the people in the life of the person with disability understand:

- how their disability affects them?
- what support they need?



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



The next idea is about support that focuses on understanding a person's needs and experiences.

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 the restrictive practice can happen.



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



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 can happen.



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 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 are online through Microsoft Teams.

You can find future sessions in our most recent bulletin.



You can find our bulletins on our website.

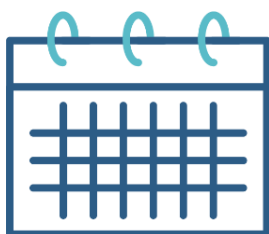
www.wa.gov.au/government/document-collections/authorisation-of-restrictive-practices-resources

Training sessions for providers



There is one information session for providers about:

- our policy
- restrictive practices.



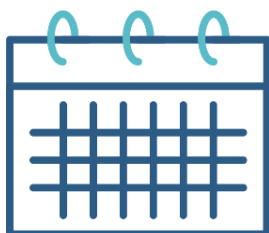
This information session will be:

- on Wednesday 9 August 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 27 June 2023
from 1 pm to 2 pm
- Wednesday 23 2023 August
from 11 am to 12 pm

Word list

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



Assessment

An assessment is a way to find out more about someone's behaviour.



Behaviour support plan

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



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

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

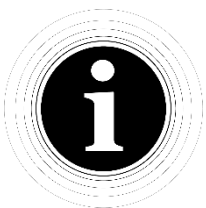
Rights are rules about how people must treat you:

- fairly
- equally.



Unintentional

When behaviour is unintentional, it doesn't have a purpose.



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