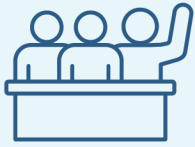




ARP Bulletin 7



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 7: October 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.



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?

| | |
|---|----|
| About our bulletins | 6 |
| Understanding how to keep people with disability safe | 14 |
| Understanding what affects a person's behaviour | 23 |
| Our guidelines for using our policy | 29 |
| Supports for families | 30 |
| Supports for providers | 31 |
| Tell us what you think | 33 |
| Training and information sessions | 34 |
| Word list | 44 |

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 **Understanding how to keep people with disability safe**.



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.

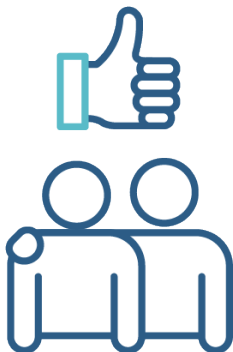


We call it the *Authorisation of Restrictive Practices in Funded Disability Services Policy*.

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.

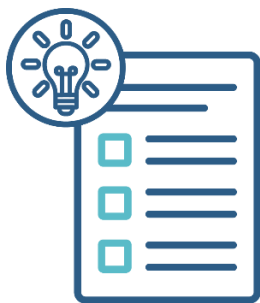
Positive behaviour support works best when everyone:



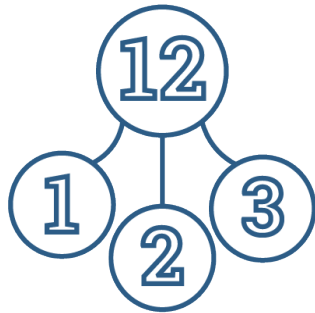
- listens to what a person with disability wants and needs
- works together.



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 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.

Understanding how to keep people with disability safe

The rights of people with disability



People with disability should have the same rights as everybody else.



The **Disability Royal Commission** looked into problems people with disability had experienced.

It helped the government find out what:

- went wrong
- the government should fix.



The Disability Royal Commission shared their Final report in September.



The report explains that the Australian community should respect the rights of people with disability.



The report also explains that people with disability experience restrictive practices more than other people.



Restrictive practices don't support the rights of people with disability to:

- make decisions
- control their own life
- choose what they want.



The report also explains that providers must follow the rules about how to use restrictive practices.



The Disability Royal Commission explained that governments should only let providers use restrictive practices to keep:

- people with disability safe
- other people safe.



Providers should only use restrictive practices after they have tried other ways to keep people safe.

This includes **supported decision-making**.

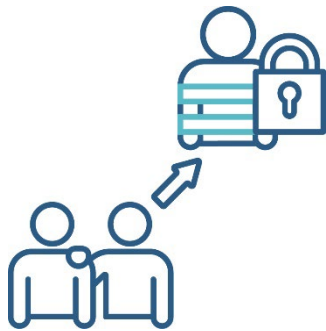


Supported decision-making is when someone helps you make important decisions about your life and how you live.



The Disability Royal Commission also explained that providers should think about the rights of people with disability when they use restrictive practices.

This means they should:



- try other ways before they use restrictive practices



- only do it when people are at risk



- use restrictive practices for the shortest time possible.

What providers need to do



Our policy shares rules about restrictive practices that providers need to follow.



It is important that providers support people with disability in a way that is best for them.

This includes:



- focusing on their strengths



- supporting them to understand and communicate what they need



- supporting them to make their own decisions



- supporting them to speak up when things go wrong.

Providers should use **allied health professionals** to find out why a person with disability does things that puts:



- them at risk
- the people around them at risk.

Allied health professionals help people with disability to get the support they need.



This should include an **assessment**.

An assessment can help to work out if a person's behaviour doesn't have a purpose.



Providers should also use allied health professionals to understand how to safely use the devices that a person with disability needs.



Providers must create policies and rules for their workers.



The rules should explain that providers only use restrictive practices when they are included in a person's **behaviour support plan**.



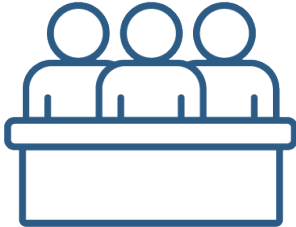
A behaviour support plan is a document that explains what support a person with disability needs.



The policies and rules should also explain how providers need to run **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.

They follow the rules in our policy about restrictive practices.



Providers can only use a restrictive practice if a Quality Assurance Panel has decided that it can happen.



Providers also need to record:

- how they use restrictive practices
- when they use restrictive practices.



This includes reporting restrictive practices to the **NDIS Quality and Safeguards Commission (NDIS Commission)**.

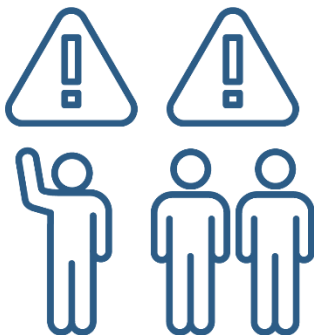


The NDIS Commission makes sure people with disability who take part in the NDIS:

- are safe
- get good services.



Providers often use restrictive practices when a person with disability shows **behaviours of concern**.



Behaviours of concern are things someone does that might put:

- themselves in danger
- other people in danger.

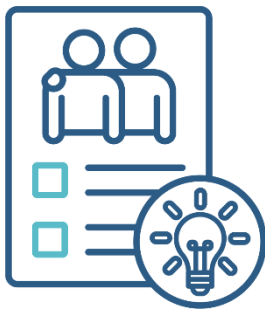


Behaviours of concern are how a person with disability might communicate that something is not supporting what they need.



This means that this behaviour is not their fault.

Understanding what affects a person's behaviour



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

We talk about understanding what a person needs, through:



- their environment



- the people in their life



- the supports they get.



This can help to understand:

- what a person with disability needs
- how to support what they need.



Most behaviour supports only focus on a person's behaviour.



This means that people often don't think about why a person is showing these behaviours.



When this happens, people are more likely to use restrictive practices.

And people with disability are more likely to:



- get hurt



- experience **trauma**.



Trauma is the way you feel about something bad that happened to you.

For example, you might feel scared or stressed.

Trauma can affect you for a long time.

What you should think about



It is important to understand how best to support a person with disability.



You should think about more than just a person's behaviour.

This includes thinking about:



- what a person with disability needs – for example, support to understand information



- a person's experiences – including any trauma they might have



- the people in a person's life – including how well they support what that person needs



- a person's environment – including the supports they get.



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



The next idea is about working with different people to understand what support a person with disability needs.

Our guidelines for using our policy



We have updated our Stage Two guidelines for using our policy.

We call them our Procedure guidelines.



You can find our updated guidelines on our website.

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

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 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.



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.



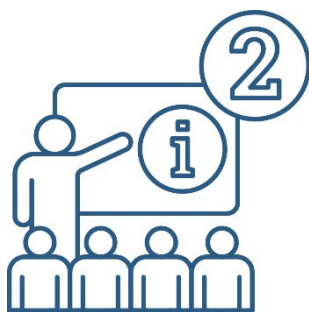
You can ask questions during the sessions.



All our sessions are online.

We use Microsoft Teams.

Training sessions for providers

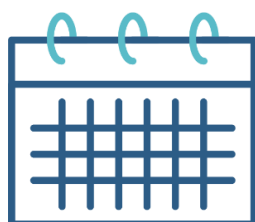


There will be 2 information sessions for providers.



These information sessions are about our updated Stage Two guidelines for using our policy.

These information sessions will be on:



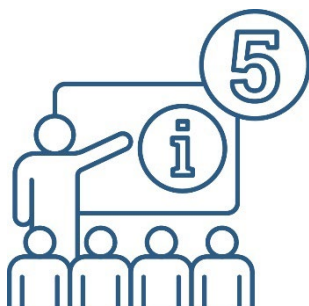
- Wednesday 8 November 2023
from 1 pm to 2 pm
- Thursday 9 November 2023
from 10:30 to 11:30 am.

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



www.eventbrite.com.au/e/arp-policy-procedure-guidelines-stage-two-update-sessions-tickets-721867042757?aff=oddtcreator

Training sessions for providers and behaviour support practitioners



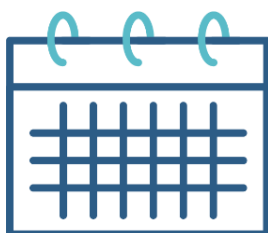
There will be 5 information sessions for:

- providers
- behaviour support practitioners.



The first information session is about:

- our policy
- restrictive practices.



This information session will be:

- on Wednesday 8 November 2023
- from 10:30 am to 12 pm.

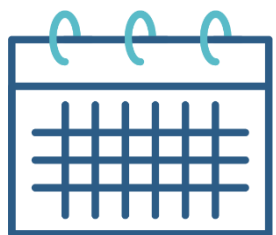


You can sign up for this session on the Eventbrite website.

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



The second information session is about practices that are not part of our policy.



This information session will be:

- on Tuesday 28 November 2023
- from 1:30 pm to 3 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



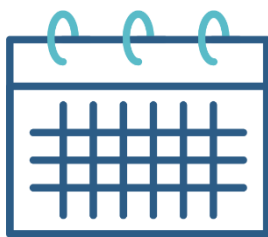
The last 3 information sessions are about how supported decision-making works with our policy.



In these sessions you will:

- work together
- talk about things as a group.

These information sessions will be on:



- Thursday 16 November 2023
from 10:30 am to 12:30 pm
- Thursday 30 November 2023
from 10:30 am to 12:30 pm
- Monday 4 December 2023
from 1 pm to 3 pm.



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

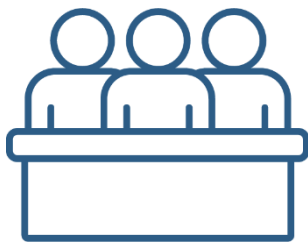
www.eventbrite.com.au/e/authorisation-of-restrictive-practices-policy-supported-decision-making-tickets-721881857067?aff=oddtcreator

Information sessions for senior managers and delegates who are on Quality Assurance Panels



A **delegate** is a person who:

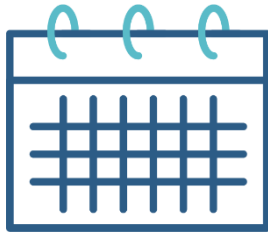
- is part of the provider's organisation
- speaks for the provider's organisation.



There will be one information session for senior managers and delegates who are on Quality Assurance Panels.



This information session is about positive behaviour support.



This information session will be:

- on Wednesday 1 November 2023
- from 1:30 pm to 3 pm.



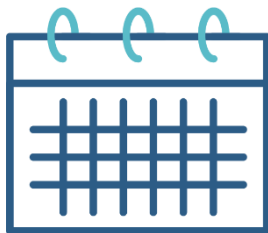
You can sign up for this session on the Eventbrite website.

www.eventbrite.com.au/e/intro-to-positive-behaviour-support-for-senior-managers-delegates-on-qaps-tickets-682006278137

Information session for practitioners about Quality Assurance Panels



There will be one information session for practitioners about Quality Assurance Panels.



This information session will be:

- on Tuesday 21 November 2023
- from 1:30 to 3 pm.

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



www.eventbrite.com.au/e/behaviour-support-practitioner-refresher-for-quality-assurance-panels-tickets-682037611857

Word list

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



Allied health professional

Allied health professionals help people with disability to get the support they need.



Assessment

An assessment can help to work out if a person's behaviour doesn't have a purpose.



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.



Delegate

A delegate is a person who:

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



Disability Royal Commission

The Disability Royal Commission looked into problems people with disability had experienced.

It helped the government find out what:

- went wrong
- the government should fix.



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.



Supported decision-making

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

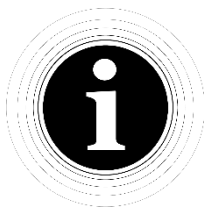


Trauma

Trauma is the way you feel about something bad that happened to you.

For example, you might feel scared or stressed.

Trauma can affect you for a long time.



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