



ARP Bulletin 8



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 8: February 2024



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 45.



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 might 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
About behaviour support plans	14
Positive behaviour support includes many people	24
A survey to tell us what you want to learn about	29
Supports for families	30
Supports for providers	31
Tell us what you think	33
Training and information sessions	35
Word list	45

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 **About behaviour support plans**.



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.

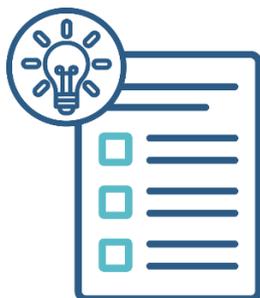
Positive behaviour support works best when everyone:



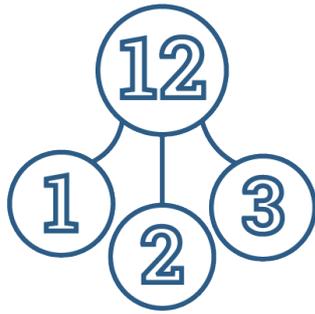
- listens to what a person with disability wants and needs
- works together.



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. 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.

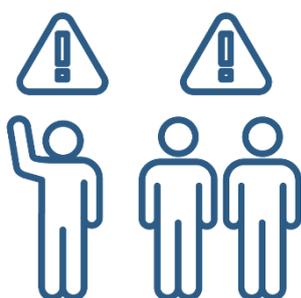
About behaviour support plans



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



They support people with disability who show **behaviours of concern**.



Behaviours of concern are things someone does that might put:

- themselves in danger
- other people in danger.

About 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.



In this bulletin, we call the people who make behaviour support plans ‘practitioners’.



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



It is important that everybody supports these rights.

This includes practitioners.

This means people should:



- respect who they are



- make sure they are safe



- support them to make their own decisions



- support them to tell people what they need.



The **National Disability Insurance Scheme (NDIS)**

provides services and support to people with disability.



Some practitioners work for **registered** NDIS providers.



If a provider is registered, they:

- can provide services for people who take part in the NDIS
- must follow more rules than other providers.



Some practitioners can also be registered providers.

This means they don't have to work for someone else.

How practitioners make behaviour support plans



Practitioners work with the person with disability who the behaviour support plan is for.

They support the person to make decisions about what they need.



Practitioners also work with other people in the person's life.

This includes:



- family members



- carers



- providers who use restrictive practices



- other professionals who work with the person.



Working with these people can help practitioners understand:

- what the person with disability needs
- what the people around them need.

The practitioner will make sure the behaviour support plan:



- focuses on why the person with disability uses behaviours of concern



- supports what they need.



Practitioners also use research to decide which supports a person with disability might need.

Restrictive practices in behaviour support plans



Practitioners must include a restrictive practice in a person's behaviour support plan if a provider is going to use a restrictive practice.

The behaviour support plan must clearly explain:



- what the restrictive practice is



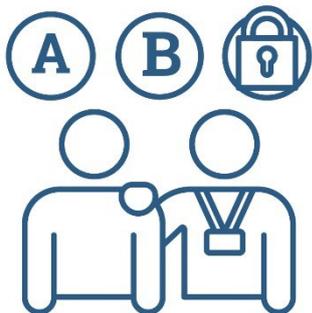
- how people must use the restrictive practice



- when people must use it.



The restrictive practice must be the last option to keep people safe.



This means the person's provider must have tried other types of support first.



The restrictive practices must have the smallest effect on the person's freedom as possible to keep people safe.



The restrictive practice must make people safer.

This includes:



- the person with disability

or



- other people around them.

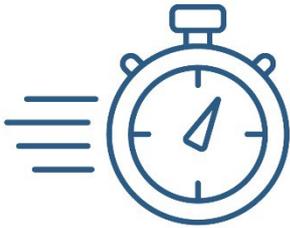
This means they need to think about:



- how much the restrictive practice might affect the person



- the risks of not using the restrictive practice.



People must only use the restrictive practice for the shortest time possible.

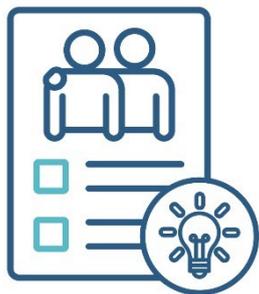


Restrictive practices affect people's rights.

The behaviour support plan needs to include how providers will:

- use less restrictive practices over time
- stop using restrictive practices.

Positive behaviour support includes many people



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



Research shows that positive behaviour support involves the ideas and experiences of many different people.

This includes:



- people with disability



- the people who care about them



- professionals.

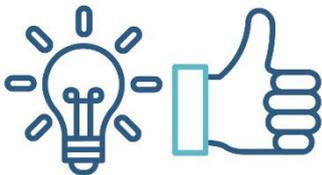


Positive behaviour support also uses **evidence** about what supports work well.

Evidence is proof that something is true.



This evidence might come from different professionals.



Positive behaviour support works well when everybody is open to different ideas and experiences.



This means that people don't just think about the ideas and experiences of one person.

This can help people understand:



- what a person with disability needs



- what the people around them need



- different types of support that work well.

What you should think about



You should think about how best to work with different people.



This will help to understand what support a person with disability needs.

This includes thinking about:



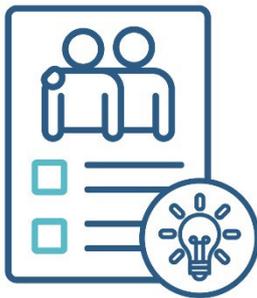
- the ideas and experiences of people with disability and the people around them



- the ideas and approaches of different professionals.



You should treat them all equally.



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



The next idea is about using evidence to help make decisions about what support is best for a person with disability.

A survey to tell us what you want to learn about



You can fill out our survey if you want to learn more about our policy.



We want to hear from people with disability living in Western Australia.



You don't have to fill out our survey if you don't want to.



You can find an Easy Read version of our survey on our website.

<https://www.wa.gov.au/organisation/department-of-communities/people-disability-their-families-and-carers>



If you are a provider, please share this survey with other people and organisations.

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

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 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.

behavioursupport@ndiscommission.gov.au

Training and information sessions



We hold free information sessions for:

- providers
- families and carers
- practitioners.



You can ask questions during the sessions.



All the sessions are online.

We use Microsoft Teams.



You can send us an email if you have a question about these sessions.

BehaviourSupportConsultancy@Communities.wa.gov.au



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 and practitioners



There will be 6 information sessions for:

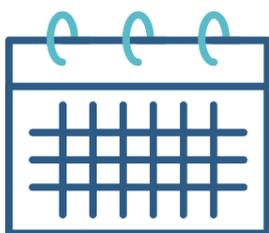
- providers
- practitioners.



2 of the information sessions are about:

- our policy
- restrictive practices.

These information sessions will be on:



- Thursday 13 February 2024
from 1:30 pm to 3 pm
- Thursday 7 March 2024
from 10:30 am to 12 pm.

You can sign up for these sessions on the Eventbrite website.

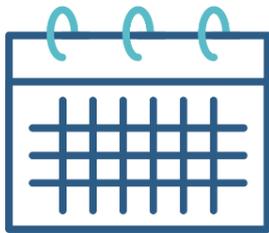


www.eventbrite.com.au/e/authorisation-of-restrictive-practices-arp-policy-overview-session-tickets-531745032707



2 of the information sessions are about practices that are not part of our policy.

These information sessions will be on:



- Tuesday 20 February 2024
from 1:30 pm to 3 pm
- Thursday 21 March 2024
from 10:30 am to 12 pm.



You can sign up for these sessions on the Eventbrite website.

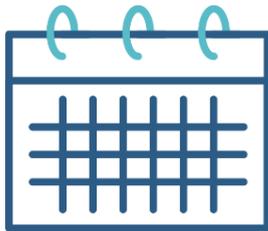
www.eventbrite.com.au/e/arp-policy-deep-dive-out-of-scope-practices-tickets-682050831397



2 of the information sessions are about **supported decision-making**.

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

These information sessions will be on:



- Monday 26 February 2024
from 1:30 pm to 3:30 pm
- Tuesday 19 March 2024
from 1:30 pm to 3:30 pm.

You can sign up for these sessions on the Eventbrite website.



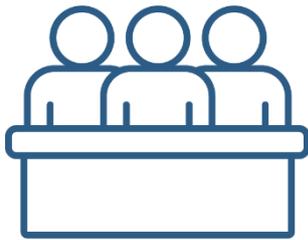
www.eventbrite.com.au/e/authorisation-of-restrictive-practices-policy-supported-decision-making-tickets-721881786857

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

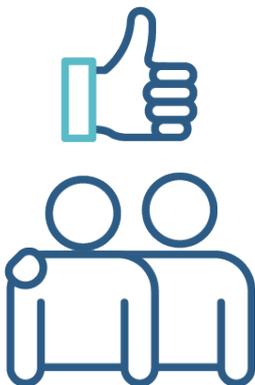


A **delegate** is a person who:

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

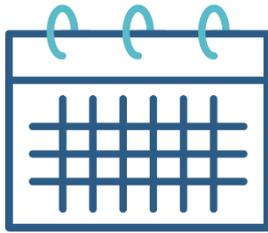


There will be 2 information sessions for senior managers and delegates who are on Quality Assurance Panels.



These sessions are about positive behaviour support.

These information sessions will be on:



- Thursday 15 February 2024
from 10:30 pm to 12 pm
- Wednesday 6 March 2024
from 1:30 pm to 3 pm.

You can sign up for these sessions on the Eventbrite website.



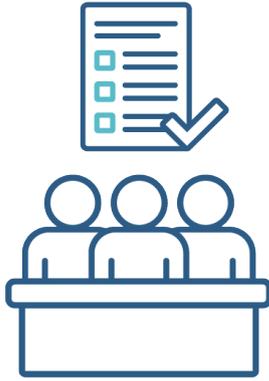
www.eventbrite.com.au/e/intro-to-positive-behaviour-support-for-senior-managers-delegates-on-qaps-tickets-682006278137

Information sessions for senior managers, delegates and practitioners



There will be 2 information sessions for:

- senior managers
- delegates
- practitioners.

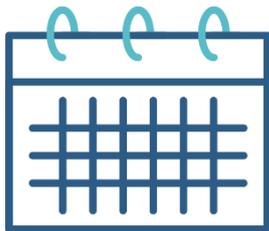


These information sessions are about Quality Assurance Panels.



If you want to take part, you first need to go to an information session about positive behaviour support.

These information sessions will be on:



- Wednesday 21 February 2024
from 1 pm to 4 pm
- Monday 11 March 2024
from 1 pm to 4 pm.

You can sign up for these sessions on the Eventbrite website.



www.eventbrite.com.au/e/quality-assurance-panels-introductory-session-tickets-682040550647

Quality Assurance Panels practice group sessions



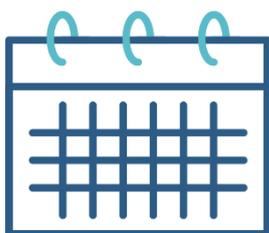
There will be 3 practice group sessions for:

- senior managers
- delegates
- practitioners.



You need to go to an information session about Quality Assurance Panels before you can take part in a practice group session.

Practice group 1 – Example 'Kate'



This practice group will be:

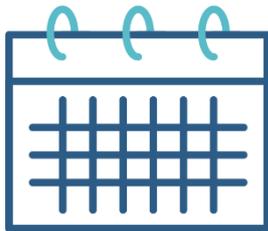
- on Thursday 29 February 2024
- from 10:30 am to 12:30 pm

You can sign up for this practice group on our Eventbrite website.



www.eventbrite.com.au/e/arp-quality-assurance-panels-practice-session-scenario-1-kate-tickets-795108530017?aff=odtdtcreator

Practice group 2 – Example 'Anne'



This practice group will be:

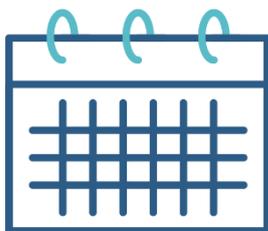
- on Wednesday 13 March
- from 10:30 am to 12:30 pm.

You can sign up for this practice group on our Eventbrite website.



www.eventbrite.com.au/e/arp-quality-assurance-panels-practice-session-scenario-2-anne-tickets-795117286207?aff=oddtcreator

Practice group 3 – Example 'Marcus'



This practice group will be:

- on Tuesday 26 March 2024
- from 1:30 pm to 3:30 pm.

You can sign up for this practice group on our Eventbrite website.



www.eventbrite.com.au/e/arp-quality-assurance-panels-practice-session-scenario-3-marcus-tickets-795118660317?aff=oddtcreator

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.



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.



Evidence

Evidence is proof that something is true.



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.



National Disability Insurance Scheme (NDIS)

The National Disability Insurance Scheme provides services and support to people with disability.



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

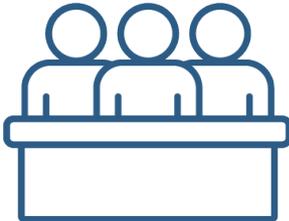
Providers support people with disability by delivering a service.



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.

Registered

A registered provider:

- can provide services for people who take part in the NDIS
- must follow more rules than other providers.



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.



The Information Access Group created this Easy Read bulletin using stock photography and custom images. The images may not be reused without permission. For any enquiries about the images, please visit www.informationaccessgroup.com.

Quote job number 5592.