



ARP Bulletin 9



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 9: April 2024



How to use this bulletin

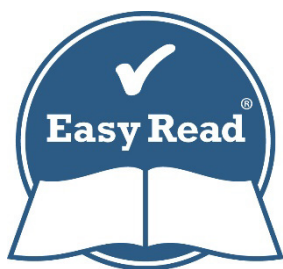


A **bulletin** is important news we share with the community.



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.



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.

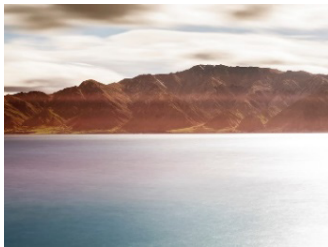


We recognise First Nations people as the traditional owners of our land – Australia.

They were the first people to live on and use the:



- land



- waters.

What's in this bulletin?

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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.

The next section is called **About external behaviour support practitioners**.



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:



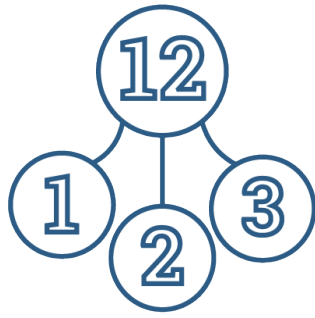
- listens to what a person with disability wants and needs
- works together.



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.

About external behaviour support practitioners



In this bulletin, we talk about what **external behaviour support practitioners** do.

External behaviour support practitioners are people that:

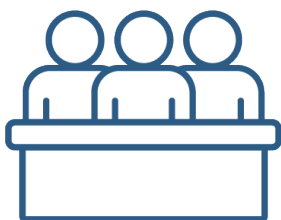


- need to be on all **Quality Assurance Panels**
- help decide if a restrictive practice can happen.

In this bulletin, we just call them external practitioners.



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.



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

What external practitioners do



External practitioners work on Quality Assurance

Panels to:

- check behaviour support plans
- help decide if a restrictive practice can happen.



To do this, they work with the senior manager of the provider who will use the behaviour support plan.



External practitioners don't help make behaviour support plans.



And they don't work for the provider who will use the behaviour support plan.



They must follow the rules in our policy.

Checking behaviour support plans

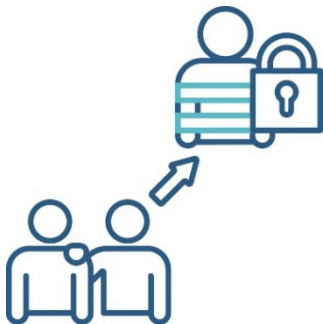
External practitioners work to make sure that behaviour support plans:



- respect the rights of people with disability



- use restrictive practices for the right reasons.



They make sure behaviour support plans explain that providers must try other ways before they use restrictive practices.

They also make sure behaviour support plans explain that providers must only use restrictive practices:



- when people are at risk



- for the shortest time possible



- no more than is enough to keep people safe



- to have the least effect on the way someone moves or does what they want.

External practitioners must make sure the behaviour support plan includes:



- the experiences of the person with disability and what they need



- what the person with disability is able to do and what they are good at



- what the support workers and carers of the person with disability need.



External practitioners need to make sure the person with disability has helped to create their behaviour support plan.



For example, they need to make sure that a person with disability has had their say about what support they need.



This information helps external practitioners decide if a restrictive practice can happen.

External practitioners must:



- try to make behaviour support plans better



- share their ideas



- check all restrictive practices against the **5 principles** in our policy.



Principles are important ideas that we should always think about.



These principles help external practitioners decide if a restrictive practice can happen.



External practitioners must use **evidence** to make their decisions.

Evidence is proof that something is true.



They should not let anything else affect the way they make their decisions.

Conflict of interest



A **conflict of interest** is when someone could affect a decision so the result is better for them.



Quality Assurance Panel members should not have any conflicts of interest when they check a behaviour support plan.



External practitioners should only make fair decisions about if a restrictive practice can happen.



For example, it would be a conflict of interest if an external practitioner helped make a behaviour support plan.

If an external practitioner thinks there might be a conflict of interest, they must:



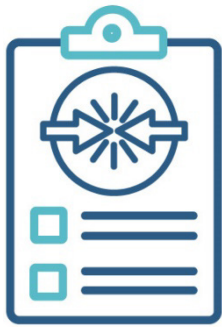
- tell the other Quality Assurance Panel members before their meeting about the behaviour support plan



- decide how to deal with the conflict of interest.



The senior manager must write a report after the Quality Assurance Panel meeting.



They must include any conflicts of interest in this report.

And they must include what the external practitioner did to deal with the conflict of interest.



We wrote some Easy Read information about:

- conflicts of interest
- Quality Assurance Panels.

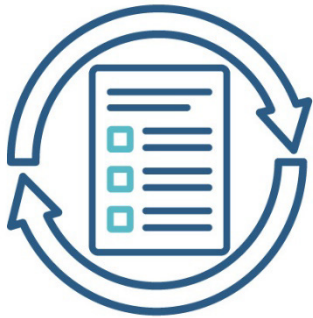


You can find this information in bulletin 6 on our website.

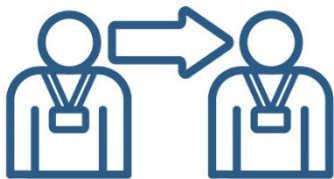
wa-doc.easyread.com.au/our-rules-about-restrictive-practices-issue-6/

Changing behaviour support plans or providers

A Quality Assurance Panel will need to check a behaviour support plan again if:



- it changes

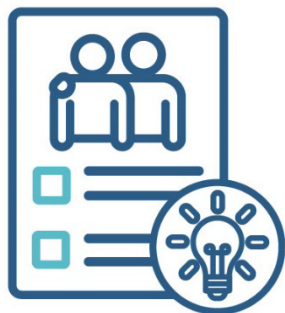


- the person with disability changes providers.



The Quality Assurance Panel must make a new decision about the restrictive practices in the behaviour support plan.

How to plan and create high quality supports



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



An important part of providing high quality supports is understanding the experiences of:

- the person the support is for
- the other people who support them.

High quality supports should:

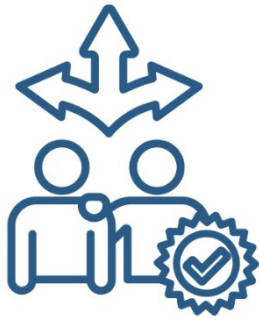


- respect the rights of the person you are supporting



- be based on evidence and research of what works well.

High quality support for what people need



Research shows that high quality support can be different depending on how much support:

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



The research explains how to give high quality support across 3 different levels.

We explain these levels on the following pages.

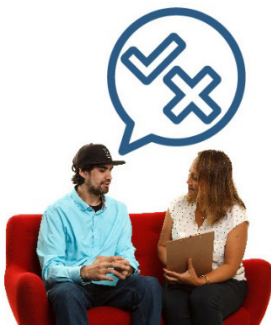
Level 1



This level of support focuses on creating a high quality environment that gives people the support they need.

This includes:

- people with disability
- the people around them.



A high quality environment should support people to have choice and control over their own lives.

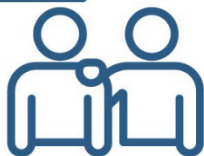


This kind of support works to make sure people feel happy and safe.

Level 2



This level of support focuses on finding out how to best support people as early as possible.



This includes supporting the people around them.



This works well for people who have:

- high support needs
- **behaviours of concern.**



Behaviours of concern are things someone does that might put:

- themselves in danger
- other people in danger.



This is how a person with disability might communicate that something in their environment isn't supporting what they need.



It's important to find out what support they need as early as possible.

And to provide this support.

Level 3



This level focuses on giving a lot of support to people who have:

- high support needs
- behaviours of concern.



This includes supporting the people around them.



It might mean the person needs:

- lots of different types of support
- all the people around them to work together.

Using evidence to make decisions about support

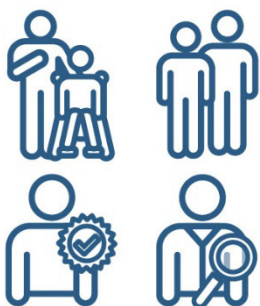


An important part of positive behaviour support is using evidence to make decisions about what support is best for a person with disability.



High quality evidence can show what support a person with disability needs.

Evidence can come from:



- a person with disability
- the people around them
- professionals
- researchers.



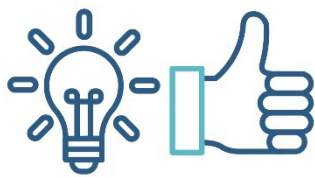
Evidence needs to include the ideas and experiences of:

- people with disability
- the people around them.



For example, ideas about what support a person with disability:

- needs
- wants.



When collecting evidence, it is important to be open to different people's ideas and experiences.



It's also important to collect evidence in different ways.



This includes finding a balance between:

- collecting high quality evidence
- not making people uncomfortable.



This helps everyone work together to:

- understand what support a person with disability needs
- better support what a person with disability needs.



Someone might find it hard to understand:

- why a person is using behaviours of concern
- what support they need.



People should work together to help each other better understand this.



It is important to think about the stories people have about a person's behaviour.



People should think about what the evidence shows about:

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



This also includes using evidence to understand what the people who support a person with disability need.

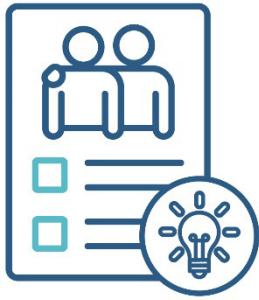


People should work to include the ideas and experiences of:

- the person with disability
- the people around them
- many professionals.



This will help people make decisions about what support is best for a person with disability.



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



The next idea is about how to create spaces where people can get high quality care.

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



Providers can email Development Disability WA (DDWA).

ddwa@ddwa.org.au



DDWA can help providers find an external practitioner for a Quality Assurance Panel.



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
- **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 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 9 information sessions for:

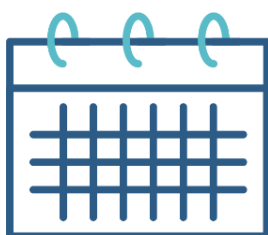
- providers
- practitioners.



3 of the information sessions are about:

- our policy
- restrictive practices.

These information sessions will be on:



- Monday 22 April 2024
from 1:30 pm to 3 pm
- Wednesday 22 May 2024
from 10:30 am to 12 pm
- Tuesday 4 June 2024
from 1:30 pm to 3 pm.

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

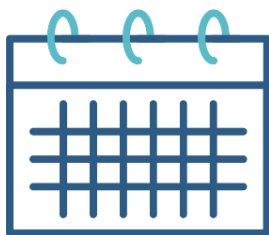


<https://www.eventbrite.com.au/e/authorisation-of-restrictive-practices-arp-policy-overview-session-tickets-531745032707>



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

These information sessions will be on:



- Monday 6 May 2024
from 1:30 pm to 3 pm
- Thursday 6 June 2024
from 10:30 am to 12 pm
- Tuesday 25 June 2024
from 1:30 pm to 3 pm.



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

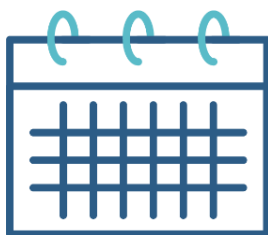
www.eventbrite.com.au/e/arp-policy-deep-dive-out-of-scope-practices-tickets-682050831397



3 of the information sessions are about **supported decision-making** and our policy.

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

These information sessions will be on:



- Wednesday 1 May 2024
from 1:30 pm to 3:30 pm
- Thursday 16 May 2024
from 10:30 pm to 12:30 pm
- Monday 17 June 2024
from 1:30 pm to 3:30 pm.



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

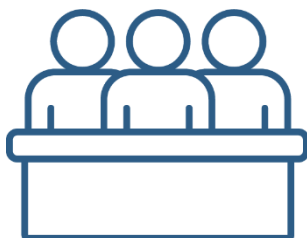
www.eventbrite.com.au/e/authorisation-of-restrictive-practices-policy-supported-decision-making-tickets-721881786857

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.

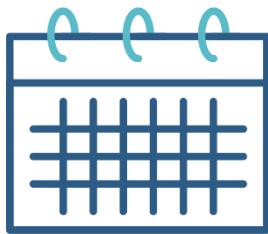


There will be 2 information sessions for senior managers and delegates who are on Quality Assurance Panels.



These sessions are about positive behaviour support.

These information sessions will be on:



- Tuesday 14 May 2024
from 1:30 pm to 3 pm
- Monday 10 June 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 3 information sessions for:

- senior managers
- delegates
- practitioners.

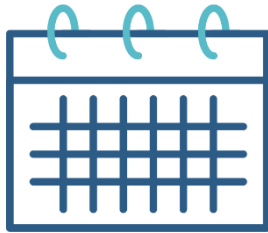


These information sessions are about Quality Assurance Panels.



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 24 April 2024
from 1 pm to 4 pm
- Monday 27 May 2024
from 1 pm to 4 pm
- Thursday 20 June 2024
from 10 am to 1 pm.

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



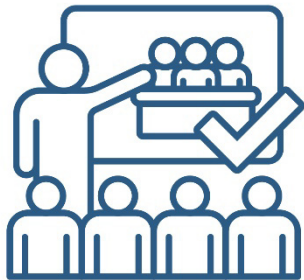
www.eventbrite.com.au/e/quality-assurance-panels-introductory-session-tickets-682040550647

Quality Assurance Panels practice group sessions



There will be 3 practice groups for:

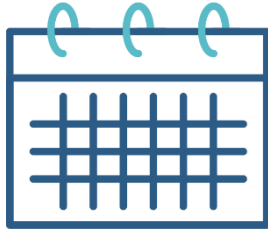
- senior managers
- delegates
- practitioners.



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'

These practice group sessions will be on:



- Tuesday 30 April 2024
from 1:30 pm to 3:30 pm
- Thursday 30 May 2024
from 10:30 pm to 12:30 pm.

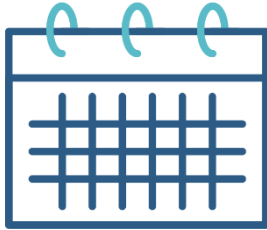
You can sign up for this practice group on our
Eventbrite website.



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

Practice group 2 – Example 'Anne'

These practice group sessions will be on:



- Thursday 9 May 2024
from 1:30 pm to 3:30 pm
- Wednesday 12 Jun 2024
from 10:30 am to 12:30 pm.

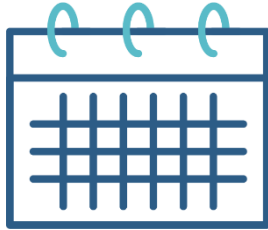
You can sign up for this practice group on our Eventbrite website.



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

Practice group 3 – Example 'Marcus'

These practice group sessions will be on:



- Tuesday 21 May 2024
from 1:30 pm to 3:30 pm
- Wednesday 26 June 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-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.

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.

Restrictive practices



Restrictive practices are actions that stop people from:

- moving
- doing what they want.



Rights

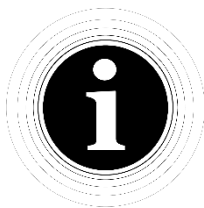
Rights are rules about how people must treat you:

- fairly
- equally.



Supported decision-making

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



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Quote job number 5626.