



ARP Bulletin 1



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 1: October 2022



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 on page 28.



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**.



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?

What is this bulletin about? 6

How will our bulletin work? 9

About our policy 11

About positive behaviour support 14

Supports for families 22

Supports for providers 23

Training and information sessions 26

Word list 28

What is this bulletin about?



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 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*.



Our policy includes rules about restrictive practices.



It also includes a plan to:

- use less restrictive practices
- stop using restrictive practices.



If people use restrictive practices the wrong way, they might hurt someone.

That's why we need our policy.



We wrote this bulletin to share information with you about our policy.



We also wrote it to share information about **positive behaviour support**.

Positive behaviour support is about supporting you to live a good life.



It's about working together to:

- understand your behaviour
- meet your needs
- provide the right support to you.



Providers can use positive behaviour support to help them:

- use less restrictive practices
- stop using restrictive practices.

How will our bulletin work?



This is the first issue of our bulletin.



Each of our bulletins will be a guide for people to learn more about:

- positive behaviour support
- our policy.



You can find our other bulletins on **our website**.



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**.

Or you can visit **our website**.



Please share this form with your friends and family, so they can sign up too.

Tell us what you think



Our bulletins are a guide for you to learn more about our policy.



So we want to know what you:

- think about our bulletins
- want to know more about.

You can send us an email to tell us what you think.



arp@communities.wa.gov.au

We might include your question or topic in our next bulletin.

About our policy



We want to make sure you can find and use information about our policy.

This includes information we've already shared.



You can read about our policy on **our website**.



The web page has:

- an Easy Read version of the policy
- documents that explain different areas of our policy.



The web page has information and support for:

- people with disability
- families and carers.



It also has information and support for:

- providers
- **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.

Do you have questions?



If you have any questions about our policy, you can send an email.

arp@communities.wa.gov.au



You can contact the **NDIS Quality and Safeguards Commission (NDIS Commission)** if you have questions about:

- restrictive practices
- how people support you.



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

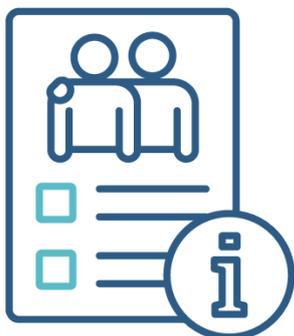
- are safe
- get good services.



You can send the NDIS Commission an email.

wabehavioursupport@ndiscommission.gov.au

About positive behaviour support



In this bulletin we want to share information from research about positive behaviour support.



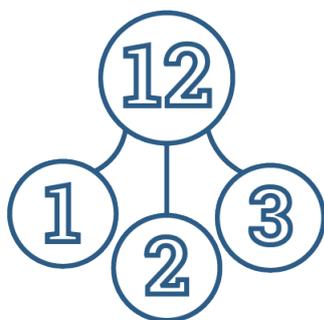
Positive behaviour support is about helping:

- people who need supports
- and
- the people around them.



Positive behaviour support works best when everyone:

- listens to what you want and need
- works together.



There are 12 ideas about the best way to use positive behaviour support.

And researchers split them into 3 areas.



People's **rights** and living a good life

Rights are rules about how people must treat you:

- fairly
- equally.



Understanding behaviour, needs and experiences



Providing high **quality** supports

Quality is about good services that:

- meet the needs of people with disability
- give people choice and control.



In each bulletin we explain one idea in more detail.

We also explain which area it comes from.

This bulletin explains the first idea.

What idea does this bulletin look into?



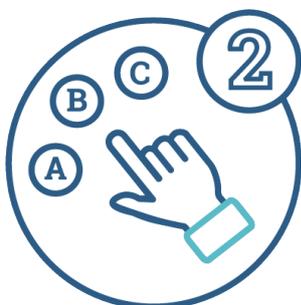
Positive behaviour support is about:

- protecting the rights of people with disability
- supporting them to live a good life.

This area includes 4 ideas:

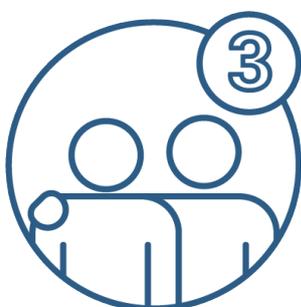


1. **Focusing on each person and what they want**



2. Understanding:

- how the things around a person affect them
- a person's right to make their own decisions



3. Working together and supporting people



4. Stopping harmful restrictive practices



In this bulletin we are looking into the first idea:

Focusing on each person and what they want



This means it's important for support to:

- get to know you
- understand what you need
- know what supports you use.



This includes supporting what people from different backgrounds need.



It's also important to include you and the people close to you, like your family or friends.

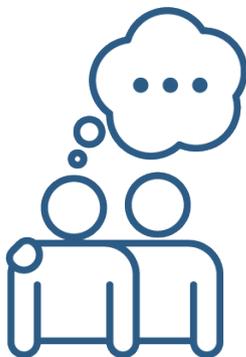


And it's important to work together to understand what you need.



This type of support should also think about:

- your goals
- what you want and need
- your skills.



It's important for providers to use supports to help understand your goals.

And to support you to make your own decisions.



This type of support focuses on improving the quality of life for everyone by using:

- your strengths
- the strengths of the people around you.

What questions can providers think about?



Providers should make sure their supports focus on what you need.

They can start by thinking about the following questions.



What's the best way to meet your needs?

This might include where and when it'll happen.

And who will be there.



Who knows you best?

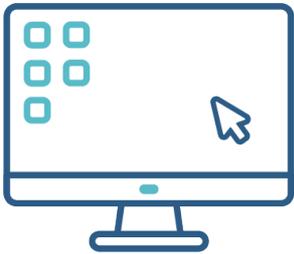
Could it help to talk to this person first?



Who do you want to be involved in the support?



What other supports might they need to work with you?



Do they need technology to support you?



Do they need someone else there to help understand what you want?



What might they need to know about your life to best support you?

For example, what's important to you or what you believe.

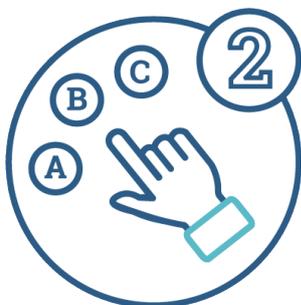


What do you want and need?

What are your strengths?



In the next bulletin, we will look into the next idea:



2. Understanding:

- how the things around a person affect them
- a person's right to make their own decisions.

Supports for families

Information about the policy



We have fact sheets you can use to explain:

- restrictive practices
- our policy.



You can visit the individuals and families section of **this page on our website.**

Supports for providers



If you are a provider and you need more support, you can contact the services below:

Providers away from cities and towns



You can email Western Australia's Individualised Services.

ceo@waindividualisedservices.org.au

Providers in or near cities



You can email National Disability Services Western Australia.

sectorreadinessWA@nds.org.au

Providers who deliver psychosocial support



When you have a **psychosocial disability**, you might need support for your mental health.



If you provide this support, you can email Western Australian Association for Mental Health.

ready4QSC@waamh.org.au

Quality assurance panels

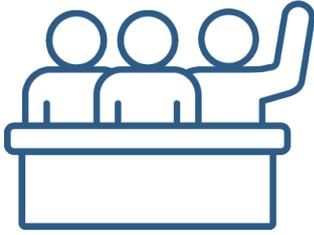


A **quality assurance panel** is a group of people who check behaviour support plans.

They decide if the restrictive practice is okay.



They follow the rules in the policy about restrictive practices.



Providers need a behaviour support practitioner to be part of your quality assurance panel.



They can email Developmental Disability WA (DDWA).

ddwa@ddwa.org.au



DDWA can help providers find a practitioner that the government pays to be on quality assurance panels.

Training and information sessions



There will be 2 free information sessions for providers about:

- our policy
- restrictive practices.



Providers can also ask questions they might have.



The first session will be:

- Wednesday 9 November 2022
- 10:30 am – 12 pm



The second session will be:

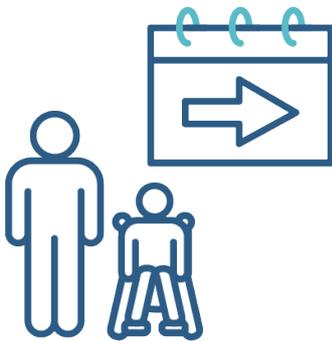
- Tuesday 22 November 2022
- 1 pm – 2:30 pm



Both of these sessions will be online.

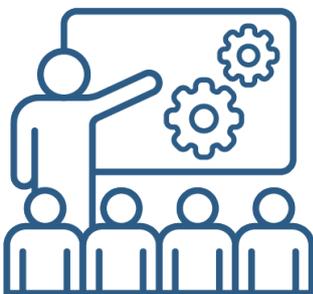


If you want to attend, you must sign up on **the Eventbrite website.**



We will run more training in the future for:

- people with disability
- families and carers.



We will also run training for behaviour support practitioners.

Word list

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



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.



Bulletin

A bulletin is important news we share with the community.



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 you to live a good life.



Providers

Providers support people with disability by delivering a service.



Psychosocial disability

When you have a psychosocial disability, you might need support for your 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 is okay.

They follow the rules in the policy about restrictive practices.



Restrictive practices

Restrictive practices are actions that stop people from:

- moving
- doing what they want.



Rights

Rights are rules about how people must treat you:

- fairly
- equally.



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Quote job number 5085.