



Government of **Western Australia**
Department of **Communities**



Authorisation of restrictive practices

Summary document

Easy Read

This document has been created by the Department of Communities and uses pictures from two companies called Photosymbols and Medifab. It is a summary document about the authorisation of restrictive practices, which means that it lists only some of the information.

Introduction



People with disability have the same rights as all people to

- be listened to
 - get services
 - feel safe
 - choose for themselves
- and
- much more



People with disability should feel safe and be able to live a good life

Sometimes people with disability need support



Support can be from

- family
 - friends
 - carers
- or
- organisations that help, called service providers

Behaviour support



Sometimes, you might do something that makes you or others unsafe

There can be many reasons that this happens

This might be called behaviour of concern, challenging behaviour, or behaviour that challenges



Behaviour that challenges can include

- hurting yourself or other people
- breaking things
- running away

or

- not wanting to do things or see people



Behaviour support can help you and other people who support you

It is important for people to talk to you so you understand what is happening for you



Sometimes, service providers use **restrictive practices** when supporting people with disability

Restrictive practices are actions that take away your right to move freely



Restrictive practices are sometimes used to help keep people with disability or others safe



It is important for everyone to work together to reduce the use of restrictive practices

Restrictive practices



There are five types of restrictive practices that can be used in Western Australia



Seclusion – when you are put in a room or area by yourself and cannot get out or you feel like you're not allowed to get out



Chemical restraint – when you are given medicine to stop a behaviour that challenges

This does not include medication from your doctor for other diagnosed reasons



Physical restraint – when someone holds part of your body to stop you from moving



Mechanical restraint – when something is used to stop you from moving

This does not include equipment that is used for therapy

(Image source: [Medifab](#))



Environmental restraint – when you cannot use or get to parts of your home, community or things

What service providers need to do



If a service provider uses a restrictive practice with you, they need to

- talk with you and try to understand what is happening for you
- try other things to support you before using a restrictive practice
- talk to you about restrictive practices and answer your questions

and

- support you to think and choose for yourself



They also need to develop a behaviour support plan with you and use it everyday



This plan should include information about you, what you like and don't like, and how others can help you



It should have information about any restrictive practices that are used with you

Something else service providers need to do is review the restrictive practices with a **Quality Assurance Panel**



Sometimes this is called **the panel** for short

This panel is a group of people that check you are being supported in the best way if a restrictive practice is used



The panel needs to say yes for a restrictive practice to be approved

This is called authorisation

A restrictive practice can only be approved for up to 12 months and then it needs to be reviewed



NDIS Quality
and Safeguards
Commission

If service providers use a restrictive practice with you, they need to report it to the

- NDIS Quality and Safeguards Commission

or

- Department of Communities

Talk to someone



You can talk to others about how you feel, what you need and what you like or don't like

What you say is very important

You can talk to people you know

- family or friends
 - someone you live with
 - someone who helps you
 - your guardian
 - your service provider
- or
- your NDIS planner





You can also talk to an advocacy service if you need support

More information

If you want to know more or have a question

- phone 08 6217 6888

or

- email ARP@communities.wa.gov.au

or

- visit our website

www.communities.wa.gov.au/restrictivepractices

