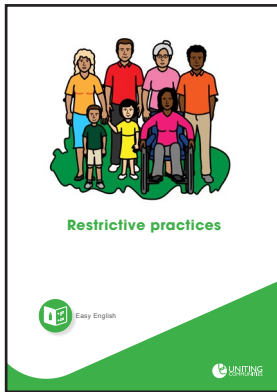




Restrictive practices



Easy English



This book tells you about restrictive practices.

- the types of restrictive practices
- how restrictive practices are used
- why restrictive practices are used.



We want you to know about restrictive practices.

Some times

- you may use them
- you may see them being used
- they may be used on you.



Restrictive practices must be used in the right way. We want you to know

- what is ok
- who you can talk to.



It is ok to ask some one to help you.



The NDIS give restrictive practices special names. We will

- tell you what they are
- give you examples
- tell you what NDIS call restrictive practices.



When you are left some where. Like in a room.

- You can **not** get out
- or**
- You are told **not** to come out.

The NDIS calls it seclusion.



When you are given medicine to stay calm.

The NDIS calls it chemical restraint.



When some one uses some thing
to keep you safe.

Like a seat belt on your wheelchair.

The NDIS calls it mechanical restraint.



When you are held. You do **not** want to be held.

You can not move. Like

- your hands are held

or

- your legs are held.

The NDIS call this physical restraint.



When some one uses something to **stop** you.

Like a lock on a

- door

or

- gate.

The NDIS calls this environmental restraint.



When are restrictive practices used

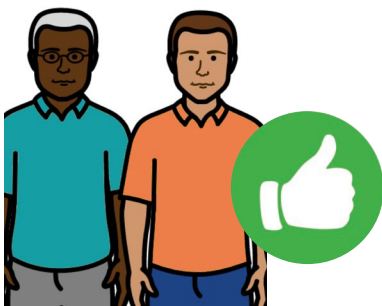
Restrictive practices may be used for safety.

Like to look after

- your safety
- the safety of others
- property.



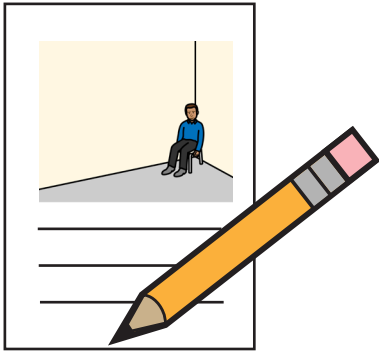
Some restrictive practices may only be used for a short time.



Restrictive practices **must** only be used when

- other things have **not** helped
- you say it is ok
- the DHS restrictive practices officers say it is ok.

DHS is short for the Department of Human Services



Positive behaviour support plans

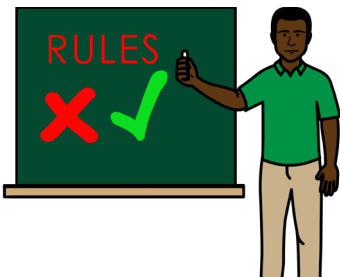
A plan must be made when a restrictive practice is used.

We call this a Positive Behaviour Support Plan.



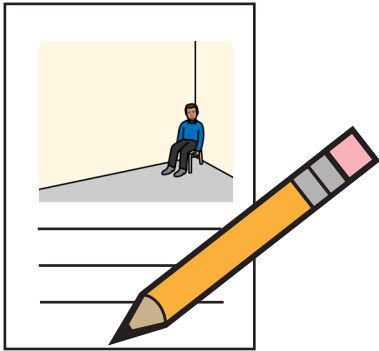
People who make the plans know a lot about restrictive practices. They want to

- help you
- keep you safe.



People who make the plans

- teach people who help you
- make sure people follow the rules.



The plan tells people how to

- use restrictive practices less

or



- **not** use restrictive practices.

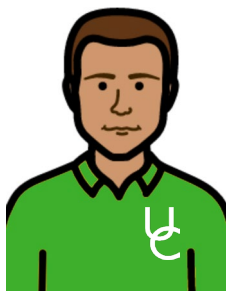


Some things are **not** ok.

Like some one



- yells at you
- hurts you
- hits you
- stops you from going some where.



Talk to us



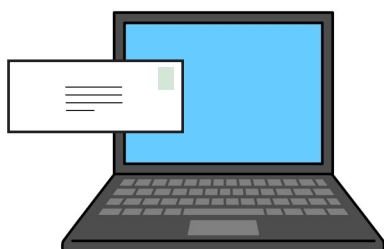
You can tell us things. It is ok.

You will **not** get into trouble. Like

- you are **not** happy
- some one used a restrictive practice
- you do **not** feel safe.

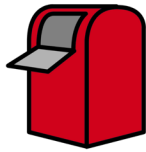


Call 08 8202 5291



Email

apo@unitingcommunities.org



Write to us

Uniting Communities NDIS Services

43 Franklin Street

Adelaide

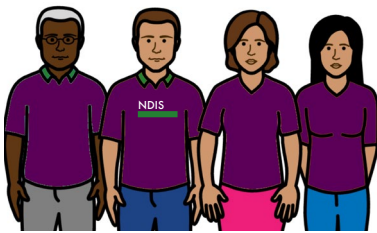
SA 5000



What the NDIS Safeguards Commission do

The NDIS Safeguards Commission

- make the rules
- tell people about restrictive practices
- make sure people follow the rules.



You can talk to them about

- restrictive practices
- things that are **not** ok.



NDIS Quality & Safeguards Commission

Call 1800 035 544



Go to www.ndiscommission.gov.au

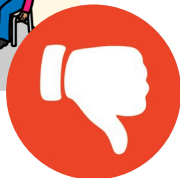
What the DHS restrictive practices unit do



The DHS restrictive practices unit

- look at the restrictive practices that are used
- make sure people follow the rules
- say it is ok to use a restrictive practice.

This is called consent.



You can talk to them about

- restrictive practices
- how you feel about restrictive practices
- things that are **not** ok.

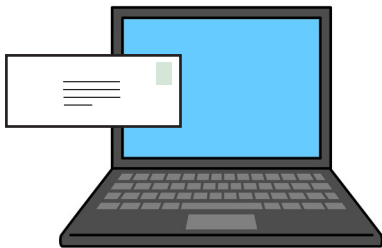


DHS restrictive practices unit

Call 1800 862 004

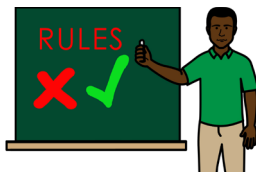


Go to www.rpdi.sa.gov.au



Email

DHSrestrictivepracticeunit@sa.gov.au



Images

We have asked to use logos in this book.

We have used images from



- Boardmaker
- The Noun Project.