

Restrictive practices — what are your rights?

An information guide for people with intellectual disability



This is an Easy Read document in reference to:
Voluntary Code of Practice for the Elimination of
Restrictive Practices

Restrictive practices — what are your rights?

In Western Australia, there are people and places who want to help people with disability feel safe. They provide services that help people with disability have a good life. These services pay people to help you live in your own home and do things you enjoy. But sometimes people who help you may do things you don't like. The services want to stop these things. They want to help people find better ways to help you.



In this book you will find information about:

- **The right to feel safe**
- **Talking to someone**
- **When you can talk to someone**
- **People who can help**

How to use this book

Anyone can look at this book.

You can find a family member, friend or carer to look at this book with you. You might like to look at this book with someone at your home or someone who visits.

Service providers might use this book to talk to a person with disability about helpful and unhelpful support.



Who is it for?

This book includes information for people with disability about:



Things people might do that are not good.



Things people do that are good and make you happy.



How to tell someone what you like and do not like.

You have a right to feel safe



You have a right to feel safe in your own home.

When people try to help you they might do things you like. The things you like make you feel happy and safe.

These might be:

Talking to you in a quiet voice.



Helping you do a task.



Helping you do activities you like.



Talking about what you like.



Sometimes people who live with you, or help you, might do things that you do not like.

These might be:

Holding your arms when you are upset.



Yelling at you.



Telling you to be quiet.



Putting you in a room by yourself when you are upset.



Taking something you like away from you.



Locking the fridge or cupboard.



Doing something that stops you from moving.

You can talk to someone

Sometimes you might not like what a person does to you.

It might make you feel sad, scared or angry.

You can tell someone about the things you don't like when you are sad, scared or angry.



You can also tell someone about the things you like. You can tell someone about what they can do to help you.

You will not get in trouble for telling people what you like and don't like.

What you say is very important.

There are many people you can talk to.





You can talk to someone you like or someone you think is nice. You can also talk to someone you think is good at helping you.

These people might be:

Your mum, dad or partner.

Your sister or brother.



Someone you live with.



A friend.



Someone who helps you.



Your guardian.



Your Local Area Coordinator.



Your My Way Coordinator.



There are people you don't know who are nice and like to help. You can talk to these people if you want to. You can ask someone at your home or a friend to call them for you.

Other people who can help are:

Advocacy South West

Phone: 9791 3293

Website: www.advocacysouthwest.org.au

Ethnic Disability Advocacy Centre

Phone: 9388 7455

Freecall: 1800 659 921

Website: www.edac.org.au

Email: admin@edac.org.au

People with Disabilities (WA) Inc

Phone: 9485 8900

Freecall: 1800 193 331

Website: www.pwdwa.org

Email: info@pwdwa.org

There are other people who can help listed in the back of this book.

When can you talk to someone?

You can tell someone about what you like and don't like at any time.

You can talk to them:

When you are feeling happy.

You can talk about what makes you happy and the things that help you. You can also talk about things that make you feel sad, scared or angry.



When family, friends or carers want to talk to you.

You can tell them what you like and don't like when they ask you.



When something bad happens you don't like.

You can tell someone you are unhappy when they do something you don't like.

For example: if a person holds your arms when you are upset, you can say "I don't like you holding my arms".

Remember, you will not get in trouble for telling people what you like and don't like.

What you say is very important.

Other people who can help

Headwest

The Head Injured Society of WA Inc can help people with an acquired brain injury and their families.

Phone: 9330 6370 **Freecall:** 1800 626 370

Email: admin@headwest.asn.au **Website:** www.headwest.asn.au

Personal Advocacy Services

Provides one-to-one friendship and support for adults with intellectual disability.

Phone: 9275 5388 **Email:** admin@paswa.org.au

Citizen Advocacy Perth West Inc

Phone: 9445 9991

Email: enquiries@capw.org.au **Website:** www.capw.org.au

Citizen Advocacy South Metropolitan

Phone: 9452 7294

Email: advocacy@casm.org.au **Website:** www.casm.org.au

Midland Information Debt and Legal Advocacy Service Inc

Phone: 9250 2123

Email: admin@midlas.org.au **Website:** www.midlas.org.au

Sussex Street Community Law Service

Phone: 6253 9500 **Freecall:** 1300 648 655

Email: legal@sscls.asn.au **Website:** www.sscls.asn.au

UnitingCare West

Phone: 1300 663 298

Email: admin@unitingcarewest.org.au

Website: www.unitingcarewest.org.au

Further information

The Code of Practice is represented in the following formats:

[Voluntary Code of Practice for the Elimination of Restrictive Practices](#)

Easy Read versions



[Restrictive practices—what are your rights? This is an information guide for people with intellectual disability.](#)

[What are restrictive practices and what service providers need to know.](#)

For more information about the

Code of Practice for the Elimination of Restrictive Practices, please contact:

Disability Services Commission

146–160 Colin Street

West Perth WA 6005

Phone: 9426 9200

Freecall: 1800 998 214

Fax: 9226 2306

Website: www.disability.wa.gov.au

Email: dsc@dsc.wa.gov.au

Office of the Public Advocate

Level 1, 30 Terrace Road

East Perth WA 6004

Phone: 1300 858 455

Fax: 9278 7333

Website: www.publicadvocate.wa.gov.au

Email: opa@justice.wa.gov.au

Disability Services Commission

146-160 Colin Street
West Perth WA 6005
PO Box 441

Phone: 9426 9200
Freecall (country): 1800 998 214
Fax: 9226 2306
TTY: 9426 9315

Email: dsc@dsc.wa.gov.au

Website: www.disability.wa.gov.au

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