



Rocky Bay

HEALTH + COMMUNITY

Restrictive Practice



Easy English
GUIDE

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rockybay.org.au

your partner in possibility

What is a policy



A policy is

- a plan for how to do things
- where rules come from.



An Easy English guide is a summary of another policy.

You can find the other policy on our website

www.rockybay.org.au



Some words are written in **pink**.

We will explain what these words mean.



When you see the word

- **we**
- **our**
- **us**

in this book it means **Rocky Bay**.

You can get help with this policy



You can get someone to help you

- read this policy
- know what this policy is about
- find out more information.



A **Restrictive Practice** is



- something that stops you from doing what you want to protect you or others from harm.



We will try to use less or no Restrictive Practices.

Sometimes a Restrictive Practice may be used to keep you or others safe.

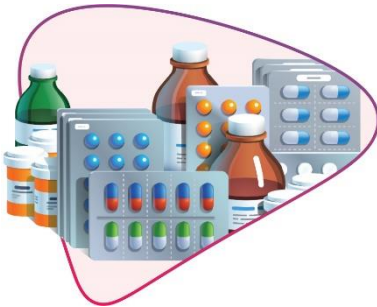
Restrictive Practices include:

1. Seclusion



- this is when you are made to stay in a place alone and are not allowed to leave.

2. Chemical Restraint



- this is when you are given medicine to stop or change your behaviour.

3. Mechanical Restraint



- this is when a device or equipment is used to stop a behaviour.

4. Physical Restraint



- this is when someone holds on to a part of your body to stop a behaviour.

5. Environmental Restraint



- this is when you are stopped from going to certain places in your home or in the community

or



- you are stopped from having certain things or doing certain activities.

We will try



- other things first before using a Restrictive Practice



- use the least Restrictive Practice



- use the Restrictive Practice for the shortest time.

We will NOT use the Restrictive Practice



- to punish you



- to make it easier for our staff.



We will ask you before we use a Restrictive Practice.

If you are not happy about a Restrictive Practice you can tell us.



You have the right to tell us how you feel about your services and supports.



You can also speak to the NDIS Quality and Safeguards Commission.

You can contact them whenever you want to.



NDIS Quality and Safeguards Commission



1800 035 544



Translating and Interpreting Service

131 450



www.ndiscommission.gov.au/about/complaints

You can find out more about Restrictive Practices

You can



- ask someone at Rocky Bay



- call us on (08) **9383 6113**



- email us enquiries@rockybay.org.au



- Send us a letter
Rocky Bay
PO Box 53
Mosman Park WA 6912



Other services can help you



Carer's WA



1300 227 377



www.carerswa.asn.au



People with Disabilities WA (PWdWA)



1800 193 331



www.pwdwa.org



Kin Advocacy
(Formerly Ethnic Disability Advocacy Centre
EDAC)



1800 659 921



www.kinadvocacy.org.au



Midlas



(08) **9250 2123**



www.midlas.org.au



SECCA

Sexuality Education Counselling and
Consultancy Agency



(08) **9420 7226**



www.secca.org.au