



Restrictive practices – what are your rights?

**Information for Aboriginal people with
disability and their families**



This is an Easy Read book about
the Code of Practice for the
Elimination of Restrictive Practices.



Restrictive Practices – what are your rights?



In Western Australia, there are services that help people with disability to have a good life.



The services pay people to help you live in your own home and do things that make you feel strong and safe.



Sometimes people who help you do things you don't like. The services want to stop these things. The services want to find better ways to help you and your family.

This book is about:

- **your right to feel safe**
- **talking to someone when you
dont feel safe**
- **who can help**



How to use this book.

Anyone can look at this book.



You can read this book with your family, friends or a carer. You can read this book with someone at your home or someone who visits.



Disability services can use this book to talk with you about things you like and don't like and your rights.



This book has
information for people
with disability about:



Things helping people might do that
you don't like



Things helping people do that you like
and which help you feel strong and
safe



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



You have a right to feel safe:

- in your own home
- in your community

When people help you they should do things that make you feel strong and safe.

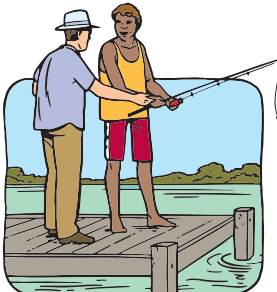


They might:

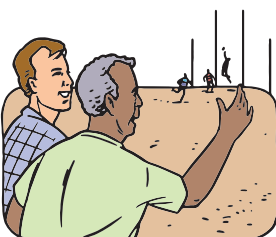
Talk to you in a calm voice



Help you do something

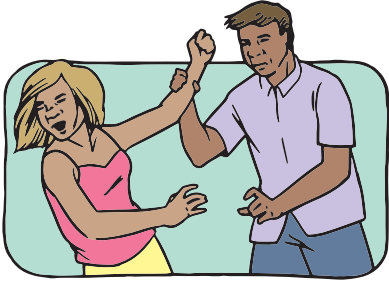


Help you do things you like



Talk about what you like.

Sometimes people who help you
might do things that you do
not like.



They might:

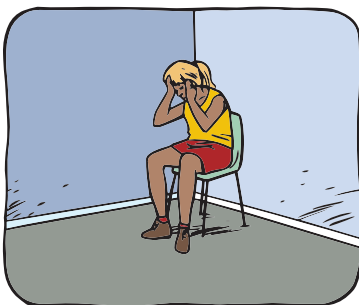
Hold your arms when you are upset



Yell at you

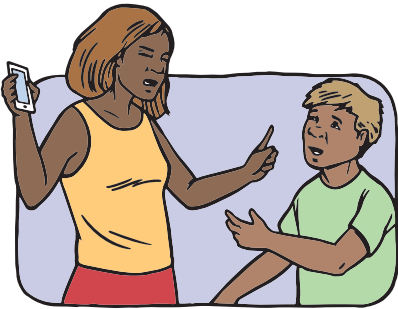


Tell you to be quiet

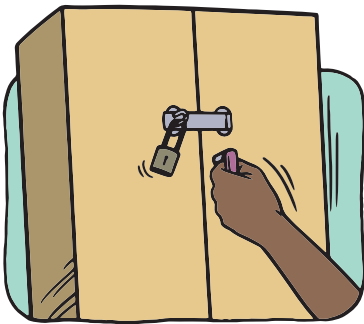


Put you in a room on your own when
you are upset





Take away something you like



Lock the fridge or a cupboard



Do something that stops you from moving.



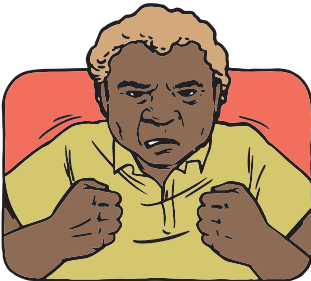
You can talk to someone.

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

It might make you feel:



sad



angry



shame.

You can tell someone about the
things you do not like.





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 do not like. What you say is very important.



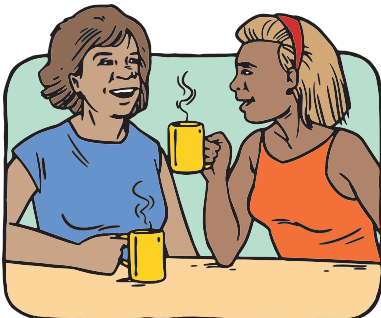
There are many people you can talk to.

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

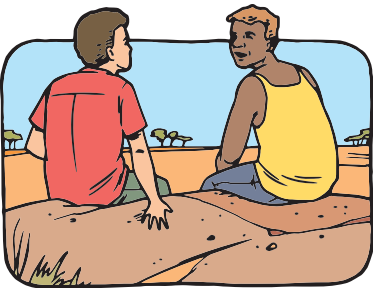
These people might be:



Your mum, dad or your partner



Your sister or brother



A friend

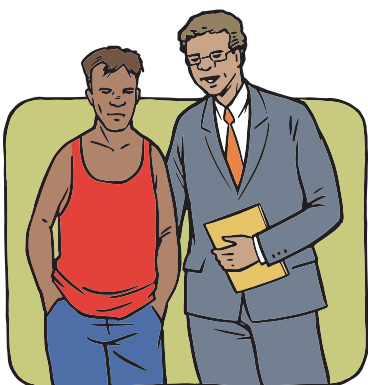


Someone you live with





Someone who helps you



Your guardian



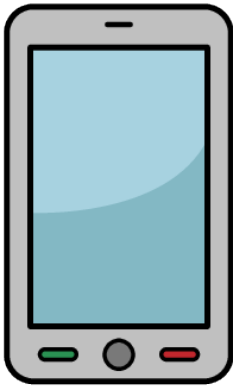
Your Local Coordinator



There are people you do not know that are friendly 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.



There is a list of people you can call at the back of this book.



You can talk to someone anytime.

You can tell someone about what you do not like and what you do like at any time.

You can talk to them:

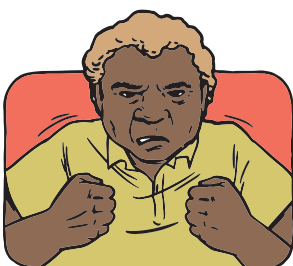
When you are feeling strong and safe.



You can talk about what makes you feel strong and safe. You can talk about the things that help you. You can also talk about the things that make you feel



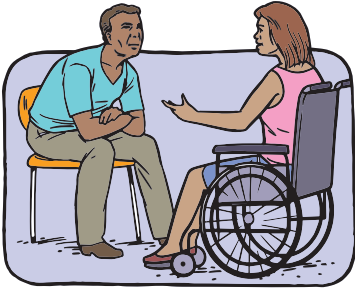
sad



angry or



shame.



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

You can tell them what you like and
what you do not like.



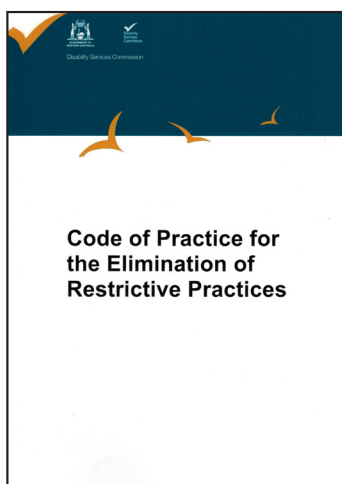
**When something bad happens
you do not like.**

You can tell someone when they do
something you do not like. For
example: if a person holds your arms
when you are upset you can say “I
don’t like you holding my arms”.

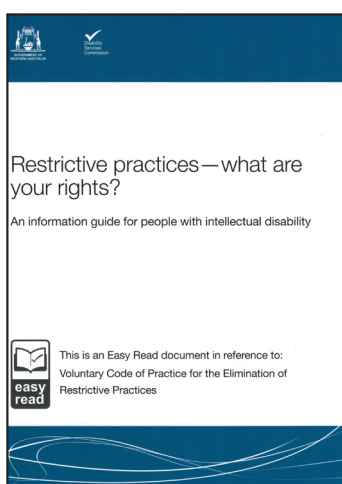
**Remember, you will not get in
trouble for telling people what
you like and do not like. What
you say is very important.**



**You can get more
information by reading:**



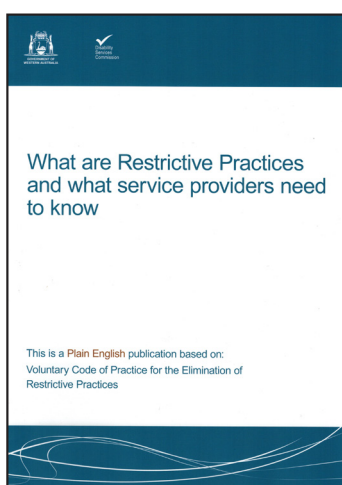
The Code of Practice for the Elimination of Restrictive Practices



Restrictive Practices – what are your rights?

This is an information guide for
people with intellectual
disability.

This is an Easy Read book.



What are Restrictive Practices and what service providers need

to know.

This is a Plain English book.

**You can get more
information from:**



Disability Services Commission

146-160 Colin Street

West Perth WA 6005

Phone: 08 9426 9200

Freecall: 1800 998 214

Fax: 08 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: 08 9278 7333

Web: www.publicadvocate.wa.gov.au



Email: opa@justice.wa.gov.au

People who can help:



Explorability

Unit 1, 9 Parkes Street

Cockburn Central WA 6164

Phone: 08 6361 6001

Website: www.explorability.org.au

Email: admin@explorability.org.au



People With Disabilities WA

Suite 1 Oasis Lotteries House

37 Hampden Road,

Nedlands WA 6009

Phone: 08 9485 8900

Freecall: 1800 193 331

Website: www.pwdwa.org

Email: info@pwdwa.org



Advocacy South West

99 Victoria Street

Bunbury WA 6230

Phone: 08 9721 6444

Website: www.asw.org.au



Sussex Street Community Law Services

29 Sussex Street

East Victoria Park WA 6101

Phone: 08 6253 9500

Freecall: 1300 648 655

Website: www.sscls.asn.au



Ethnic Disability Advocacy Centre

320 Rokeby Road

Subiaco, WA 6008

Phone: 08 9388 7455

Freecall: 1800 659 921

Website: www.edac.org.au



Carnarvon

Lotteries House, 1 Camel Lane

Carnarvon WA 6701

Phone: 08 9941 1001

Freecall: 1800 870 501

Mobile: 0427 992 517

Email: wilfrednayar@edac.org.au

Kimberley Disability Advocacy

Broome Lotteries House,

Lot 642 Cable Beach Rd

Broome WA 6725

Phone: 08 9192 7898

Freecall: 1800 316 929

Mobile: 0409 110 264

Email: kda@edac.org.au

Pilbara Disability Advocacy

Newman House, 46 Iron Ore Parade

Newman WA 6753

Phone: 08 9175 0032

Freecall: 1800 870 467

Mobile: 0477 555 721

Email: pda@edac.org.au

Aboriginal people helped to make this book:



Telsey Banks painted the Strong People art.

This painting is about Telsey's friends and what she likes doing.

Telsey likes:

painting

playing basketball

going to school

colours.



She is twelve years old.

She lives in Broome, Western Australia.

Her mother is a respected Aboriginal artist.



Josey Hansen had the idea for the Strong People logo.

Josey is a Noongar woman.

She reminded the Strong People group that there's 'nothing about us, without us'.

Josey was the main person to get this work started.

She has a message for disability services:



Let's bring the whole person together and ensure that you're mindful of their wellness here (spirit), here (mind) and here (body).





Sharon Wiggan had the idea for the

Strong People name.

Sharon is a Bardi woman.

She lives in Broome.

She has people in her family who need help.

She said this work is about helping people to be strong.

Mardjangoorl aamboornay means strong people in Bardi language.





Aboriginal people have worked with



Microboards Australia and



UnitingCare West to make the



Strong People resources.



Microboards Australia and UnitingCare West acknowledge Aboriginal peoples as the First Peoples of Australia and traditional custodians of the land.



We value and recognise Aboriginal people's continuing connection to land and their cultures. We pay our respects to Elders both past and present.

