



**Family &
Community
Services**

Going to a Restrictive Practice Authorisation Panel meeting

Easy Read Guide



Easy Read

www.facs.nsw.gov.au

RPA Panel



There will be 2 or more people on the panel.

The **Manager** of the service that you go to will be there.



A **Behaviour Support Practitioner** will be there.

They will make sure the right thing is done to keep you and other people safe.



You can bring a family member, friend or support person with you.

You can leave the meeting at any time.

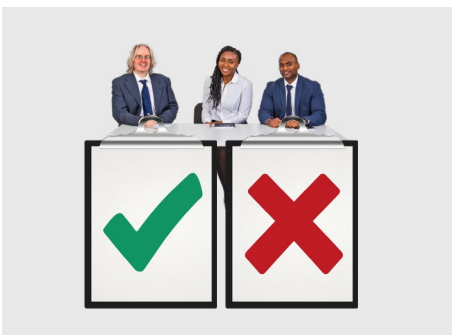
The meeting



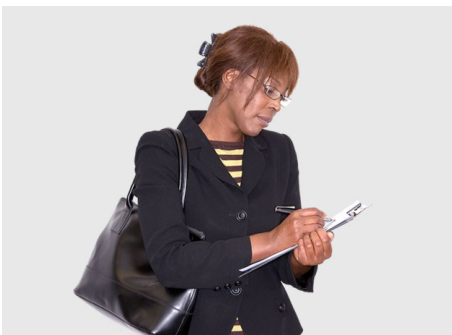
The people on the panel will talk about restrictive practices.

They will ask how you feel.

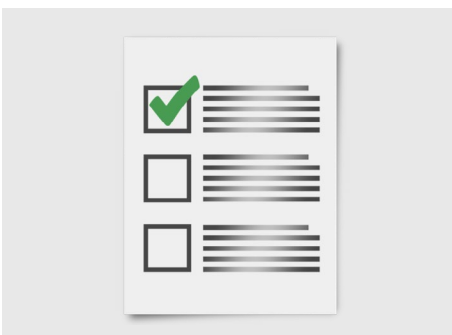
Be honest and tell them how you feel.



The panel will decide if a Restrictive Practice is needed or not.



Restrictive practices can only be used if the panel think that they will help keep you safe.



At the end of the meeting you will be told what restrictive practices are going to be used.

Questions the panel ask



The Panel may ask you about things you do and why you do them.

You are not in trouble.

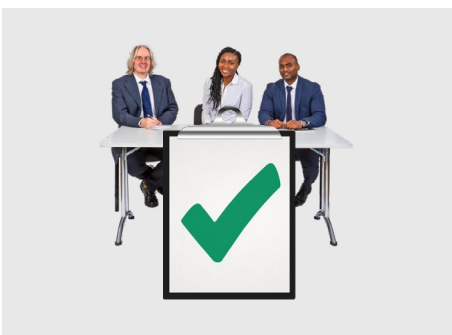


They want to know how to support you better.

If you do not know the answer to a question that is OK.



The Panel may ask if you are OK with the restrictive practices being used.



The Panel might say it is OK to use a restrictive practice if you or other people are at risk.

Questions you can ask



You can ask the Panel questions like.

- Why do I have a restrictive practice?



- Is there another way to help me?



- How long will it be used for?

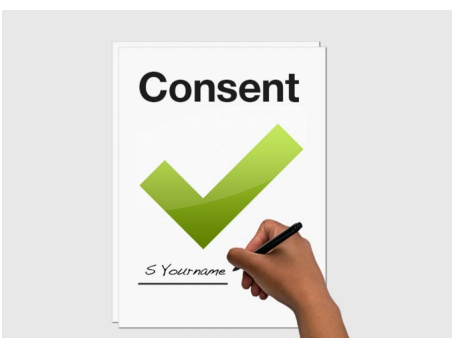


- How will the restrictive practice be stopped?

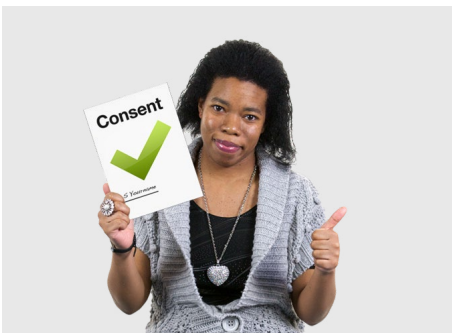
Consent



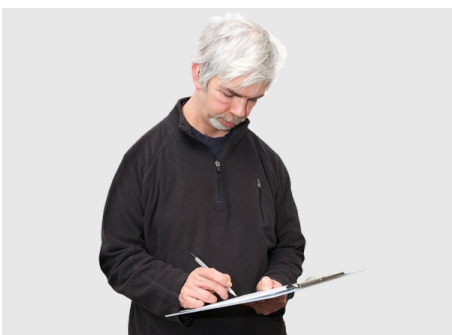
Support workers need **consent** before they can use restrictive practices.



Consent means that you have said it is ok for someone to do something.



If you can make your own decisions, you can give consent for your support workers to use restrictive practices.



If you cannot make your own decisions, your **Guardian** might give consent.

Complaint



If you are not happy and want to make a complaint about your supports talk to your service provider first.



They should listen to you and try and fix things.



You can talk to the NDIS Commission if you

- don't want to speak to your NDIS Provider
- are not happy with what your NDIS provider does to fix your complaint.

Contact NDIS Commission

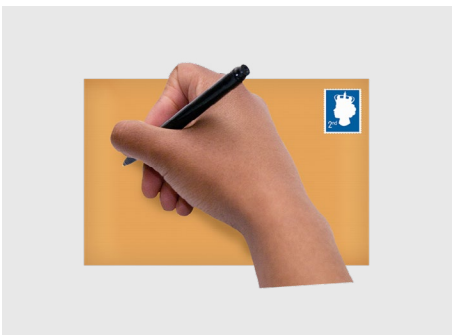


1800 035 544



Email

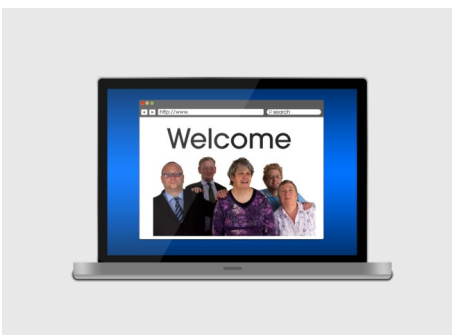
contactcentre@ndis.commission.gov.au



NDIS Quality and Safeguards Commission

PO Box 210

Penrith NSW 2750



www.ndiscommission.gov.au

For more information read



Restrictive Practice Easy Read Guide

www.facs.nsw.gov.au/download?file=664338



What is a Restrictive Practice

www.facs.nsw.gov.au/download?file=772096