



Royal Commission
into Violence, Abuse, Neglect and Exploitation
of People with Disability

Research Report

Ending restrictive practices

Easy Read version



How to use this report

3 organisations:



- did some research

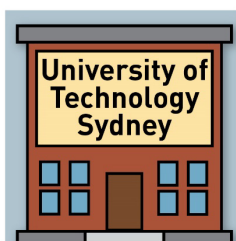


- wrote a report for the Disability Royal Commission (the Royal Commission).

The 3 organisations were the:



- University of Melbourne



- University of Technology Sydney



- University of Sydney.



The report is called *Restrictive practices: A pathway to elimination*.



You can find the report on the **Royal Commission website**.



This Easy Read report is a **summary** of that report.
A summary only includes the most important ideas.



In this report, we talk about things that might upset some people.

If you get upset and need support, we have support services you can contact.

We explain where you can get support on page 26.



When you see the word 'we' in this report, it means the Royal Commission.



We wrote this report in an easy to read way.

We use pictures to explain some ideas.



We wrote some important words in **bold**.

This means the letters are thicker and darker.



We explain what these bold words mean.

There is a list of these words on page 22.



You can ask for help to read this report.

A friend, family member or support person may be able to help you.

What's in this report?

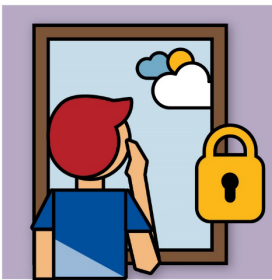
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What is this report about?



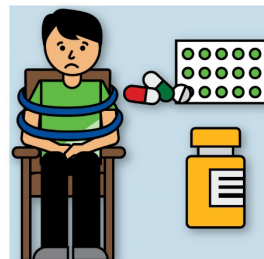
Restrictive practices are actions that stop people from:

- moving
- doing what they want.



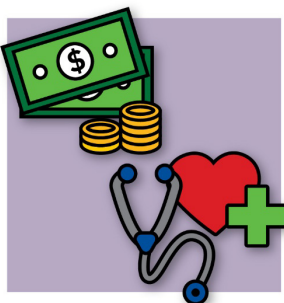
For example, **seclusion** is a restrictive practice.

Seclusion is when someone puts a person alone in a room or a space and stops them from leaving.



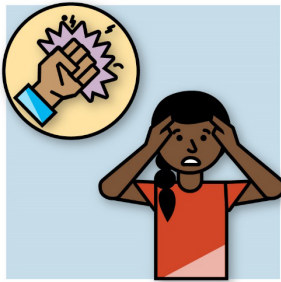
Restrictive practices also include when someone controls another person by:

- holding their body so they can't move
- making them take medicine so they are easier to control.



And when someone makes decisions about another person's life, like:

- how to spend their money
- what health care they get.



We know that people with disability have bad experiences with restrictive practices, like:

- people hurting them
- feeling scared.



And it can be hard for them to:

- speak up about their experiences
- get help.

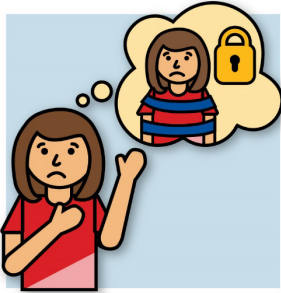


Restrictive practices don't support the **rights** of people with disability.

Rights are rules that say you can choose how you live your own life.

And they explain how other people must treat you.

We asked the researchers to help us understand:



- how people with disability experience restrictive practices



- why people use restrictive practices



- how people can stop using restrictive practices.

Why is this research important?



Restrictive practices are not fair for and can hurt people with disability.



They are a type of **discrimination**.

Discrimination is when someone treats you unfairly because of a part of who you are.



We need to know how people can stop using restrictive practices.



And to find better ways to support people with disability.

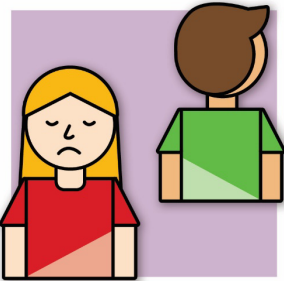
This will help us keep people with disability safe from:



- **violence** – when someone hurts you physically



- **abuse** – when someone treats you badly



- **neglect** – when someone is not helping you the way they are supposed to help you



- **exploitation** – when someone takes advantage of you.

What did the researchers do?



The researchers collected **data** about:

- the rights of people with disability
- how people with disability experience restrictive practices.

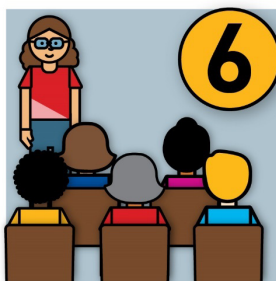


When we talk about data, we mean:

- facts
- information
- records.



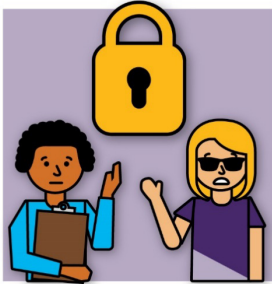
The researchers also worked with a group of experts from organisations run by people with disability.



The group met 6 times to:

- help guide the research
- make sure the research included the voices of the community.

How do restrictive practices affect people with disability?

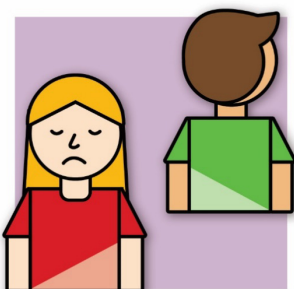


Many people with disability shared how restrictive practices hurt them.



Restrictive practices also make people with disability feel:

- like they are not safe with the people who provide their care
- scared about what will happen to them next.



And their carers sometimes ignore them when they try to speak up about how restrictive practices affect them.



Restrictive practices also take away the control people with disability have over their lives.



And they often feel like they can't:

- stop restrictive practices
- get their control back.



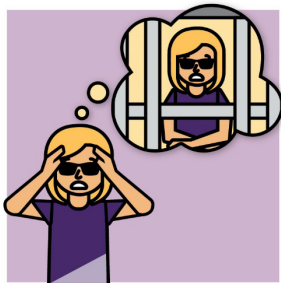
People with disability also shared that their carers might use restrictive practices as punishment.

This can make people with disability feel like they have done something wrong.



Some people with disability also shared that people use cruel restrictive practices.

For example, their carers put them in cages.



People with disability can have **trauma** because of these experiences.



Trauma is the way you feel about something bad that happened to you.

For example, you might feel scared or stressed.

Trauma can affect you for a long time.

How well do positive behaviour supports work?



Many people use plans to help them stop using restrictive practices.

These plans often include **positive behaviour supports**.

Positive behaviour supports are ways to support how a person with disability acts or behaves.



But the researchers found that there is not enough research to know how well they work.

People who use positive behaviour supports think having good training for their staff will mean:



- they can make good behaviour support plans



- life will improve for people with disability.

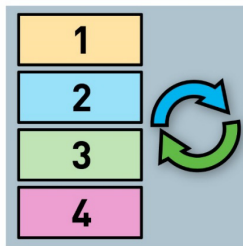


But the researchers found that behaviour support plans are often not good quality.

What do the researchers recommend?



When researchers **recommend** something, they say how to make things better.



The researchers recommend that governments change things at 4 levels.

The community



The researchers recommend making restrictive practices against the law.



Ending restrictive practices will:

- support the rights of people with disability
- help keep people with disability safe from discrimination.

And will help to keep people with disability safe from:



- violence
- abuse
- neglect
- exploitation.



The researchers recommend that governments make plans to improve the way people think about people with disability.



This will help people find better ways to support people with disability.



Governments should also support people with disability who experienced restrictive practices in the past.



This includes teaching people in the community about how restrictive practices affect people with disability.



For example, people who deliver services.
Or health care workers.

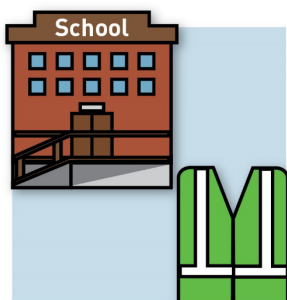
Places where people live and learn



The researchers recommend that governments stop using housing that keeps people with disability away from the community.



People with disability are more likely to experience restrictive practices in these types of housing.



It's also important to make sure people with disability can take part in the community in other parts of their lives, including:

- at school
- at work.

Services and supports



The researchers recommend that governments should make sure people with disability can make their own decisions.



For example, decisions about their:

- bodies
- lives.



Governments should also understand how the experiences of First Nations peoples affect the choices they make.



And governments should guide services to support people who have experienced trauma.

Supporting people with disability

The researchers recommend making sure people with disability can:



- choose where they live

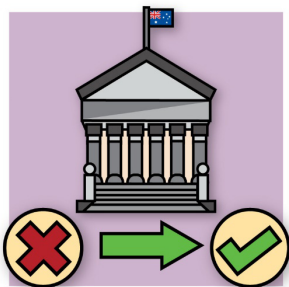


- take part in the community.



This includes making sure people with disability can get the support they need to live the way they want.

Redress



The researchers recommend that governments should provide **redress**.



Redress is a way of trying to make things right.

It includes offering support for people who experienced restrictive practices.



Redress can be better than going to court for some people with disability.

Word list

This list explains what the **bold** words in this report mean.



Abuse

Abuse is when someone treats you badly.



Data

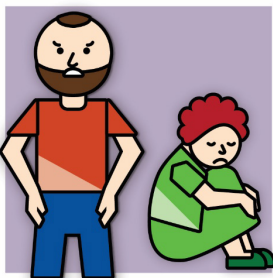
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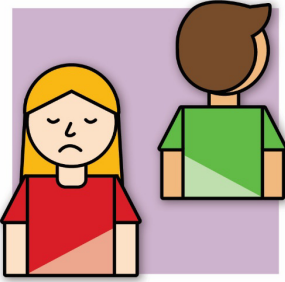
Discrimination

Discrimination is when someone treats you unfairly because of a part of who you are.



Exploitation

Exploitation is when someone takes advantage of you.



Neglect

Neglect is when someone is not helping you the way they are supposed to help you.



Positive behaviour supports

Positive behaviour supports are ways to support how a participant acts or behaves.



Recommend

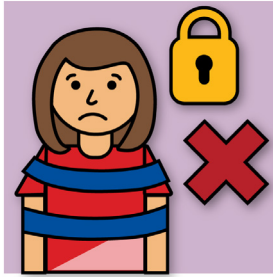
When researchers recommend something, they say how to make things better.



Redress

Redress is a way of trying to make things right.

Restrictive practices



Restrictive practices are actions that stop people from:

- moving
- doing what they want.



Rights

Rights are rules about how other people must treat you.



Seclusion

Seclusion is when you put someone alone in a room or a space and stop them from leaving.



Summary

A summary only includes the most important ideas.



Trauma

Trauma is the way you feel about something bad that happened to you.

For example, you might feel scared or stressed.

Trauma can affect you for a long time.



Violence

Violence is when someone hurts you physically.

Contact us



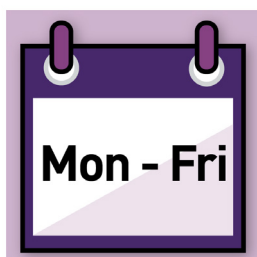
You can send us an email.

DRcenquiries@royalcommission.gov.au

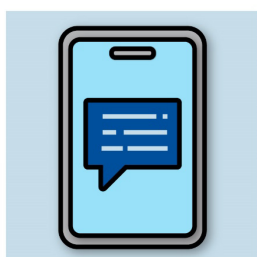


You can call us.

1800 517 199



We are available Monday to Friday.



You can also send us a text message.

0459 906 629

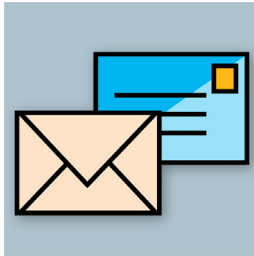


We are not available on public holidays.



You can also call the National Relay Service if you are deaf or hard of hearing.

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You can write to us at:

GPO Box 1422

Brisbane

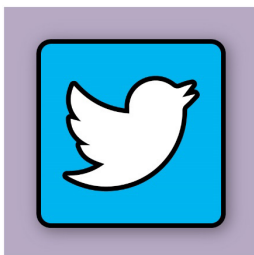
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