



**Government
of South Australia**

Office of the Public Advocate

Using restrictive practices

Easy Read fact sheet



How to use this fact sheet



The Office of the Public Advocate (OPA) wrote this fact sheet.

When you see the word 'we', it means OPA.



We wrote this fact sheet in an easy to read way.

We use pictures to explain some ideas.

Not bold
Bold

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

This means the letters are thicker and darker.



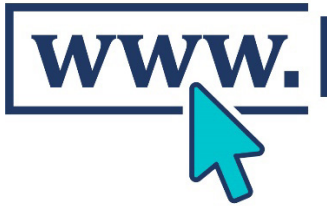
We explain what these words mean.

There is a list of these words on page 15.



This Easy Read fact sheet is a summary of another fact sheet.

This means it only includes the most important ideas.



You can find the other fact sheet on our website.

www.opa.sa.gov.au/information-service/fact-sheets



You can ask for help to read this fact sheet.

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

What are restrictive practices?



Restrictive practices are actions that stop people from:

- going where they want
- doing what they want.



Restrictive practices can limit a person's:

- choices
- **rights.**



Rights are rules about how you should be treated.



You might use restrictive practices to keep someone you care for safe.



You might use restrictive practices to keep other people safe.

Using restrictive practices



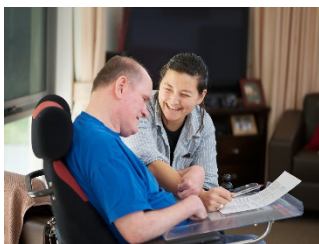
People need to be given **consent** before they can use restrictive practices on someone.



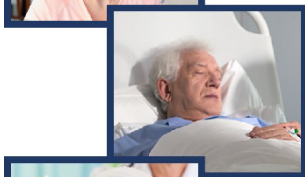
When you give your consent, you say it is okay for someone to do something.



If you can make decisions on your own, we say you have **decision-making capacity**.



Some people can't make decisions on their own.



You might not be able to make decisions because your brain or mind is affected by:

- a disability
- an illness
- an injury.



When you can't make decisions on your own, we say your decision-making capacity is **impaired**.



When your decision-making capacity is impaired, other people can give consent for you.

We call these people **decision-makers**.



Your decision-maker might be a **person responsible**.

A person responsible is someone who makes decisions about your health care.



Your decision-maker might be a **substitute decision-maker**.

A substitute decision-maker is someone you choose to make decisions for you.

Or your decision-maker might be a **guardian**.

A guardian is someone who makes decisions for you about:



- your health
- where you live
- who you live with
- personal matters.

The South Australian Civil and Administrative Tribunal (SACAT) decides:



- if you need a guardian
- who will be your guardian.

SACAT help people find ways to work out:



- problems
- disagreements.

SACAT find ways that:



- are fair
- follow the law.



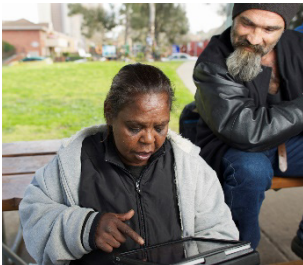
These decision-makers can give consent for **chemical restraint**.



When there is a chemical restraint, you use medicine to change how someone acts.



These decision-makers can give consent for **environmental restraint**.



When there are environmental restraints, you can't do some things without someone watching you.



You also can't have certain things when you want, such as:

- sugary foods, like lollies
- alcohol
- knives.



These decision-makers can give consent for **mechanical restraint**.



When you use mechanical restraint, you might use equipment that stops someone moving when they're not safe.

Special powers for using restrictive practices



Carers might need special permission to use different types of restrictive practices.



A guardian or substitute decision-maker must ask SACAT for special permission to:

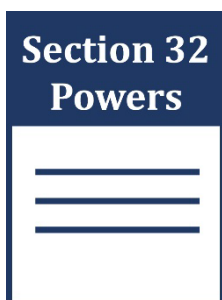
- limit a person's rights
- use force as a restrictive practice.



When SACAT gives carers special permission to use these restrictive practices, we call it a **Special Powers Order**.



A Special Powers Order is a legal document.



We also call them Section 32 Powers.



SACAT will only make a Special Powers Order if someone's health or safety is at great risk, including:

- the person
- other people.



You must make sure you have tried all other options first.



SACAT can change or cancel a Special Powers Order if things change for you.



SACAT will set a date to **review** a Special Powers Order.



When SACAT reviews something, they check to see if it:

- works well
- needs to be better.

You can apply to SACAT if you want to:



- make someone your guardian



- let your carers use force as a restrictive practice



- cancel or change a **guardianship order** or Special Powers Order.



A guardianship order:

- is a legal document
- tells someone they must have a guardian.

Where can you get more information?



You can call us to get more information about restrictive practices.



1800 066 969



You can find a lawyer who can give you legal advice.



You can visit the Legal Services Commission of South Australia website.



lsc.sa.gov.au



You can also call the Legal Services Commission of South Australia.



1300 366 424



You can visit SACAT's website.



**[www.sacat.sa.gov.au/forms-guides-and-resources/
fact-sheets-and-guides](http://www.sacat.sa.gov.au/forms-guides-and-resources/fact-sheets-and-guides)**

Word list

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



Chemical restraint

When there is a chemical restraint, you use medicine to change how someone acts.



Consent

When you give your consent, you say it is okay for someone to do something.



Decision-makers

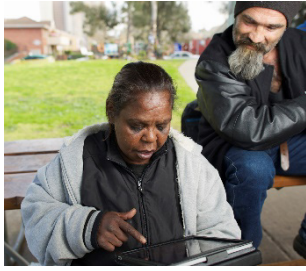
When your decision-making capacity is impaired, other people can give consent for you.

We call these people decision-makers.



Decision-making capacity

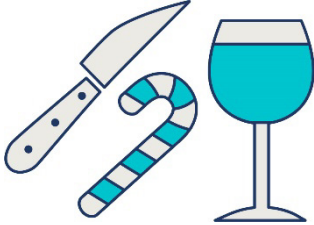
If you can make decisions on your own, we say you have decision-making capacity.



Environmental restraint

When there are environmental restraints, you can't do some things without someone watching you.

You also can't have certain things when you want, such as:



- sugary foods, like lollies
- alcohol
- knives.



Impaired

When you can't make decisions on your own, we say your decision-making capacity is impaired.

Guardian

A guardian is someone who makes decisions for you about:



- your health
- where you live
- who you live with
- personal matters.

Guardianship order

A guardianship order:



- is a legal document
- tells someone they must have a guardian.



Mechanical restraint

When you use mechanical restraint, you might use equipment that stops someone moving when they're not safe.



Person responsible

A person responsible is someone who makes decisions about your health care.



Restrictive practices

Restrictive practices are actions that stop people from:

- going where they want
- doing what they want.



Review

When SACAT reviews something, they check to see if it:

- works well
- needs to be better.



Rights

Rights are rules about how you should be treated.



Special Powers Order

When SACAT gives a guardian or substitute decision-maker more power to make decisions we call it a Special Powers Order.



Substitute decision-maker

A substitute decision-maker is someone you choose to make decisions for you.

Contact us



1800 066 969



opa@agd.sa.gov.au



www.opa.sa.gov.au



The Information Access Group created this Easy Read document using stock photography and custom images. The images may not be reused without permission. For any enquiries about the images, please visit www.informationaccessgroup.com. Quote job number 4130-M.