



**NDIS Quality
and Safeguards
Commission**

Safe transport and restrictive practices

Easy Read version



How to use this guide



NDIS Quality
and Safeguards
Commission

The NDIS Quality and Safeguards Commission (NDIS Commission) wrote this guide.

When you read the word 'we', it means the NDIS Commission.



We wrote this guide in an easy to read way.

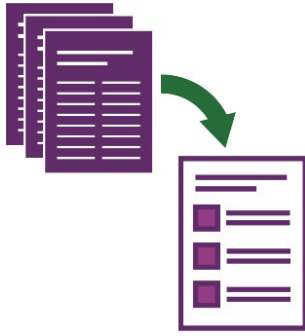
We use pictures to explain some ideas.

Bold
Not bold

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

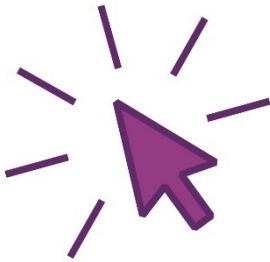
This means the letters are thicker and darker.

We explain what these words mean.



This is an Easy Read summary of another guide.

This means it only includes the most important ideas.



You can find the other guide on our website.

www.ndiscommission.gov.au/rules-and-standards/behaviour-support-and-restrictive-practices#paragraph-id-9124



You can ask for help to read this guide.

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

What's in this guide?

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What is this guide about?



This guide is about safe **transport**.



Transport is a way of travelling from one place to another.



For example, travelling by:

- car
- van
- bus.



Everyone has a **right** to safe transport.



Rights are rules about how people should treat others:

- fairly
- equally.



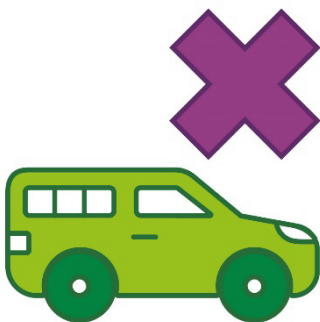
This guide explains:



- ways to keep people safe during transport



- what is a **restrictive practice**



- what is not a restrictive practice during travel.



Restrictive practices are actions that stop people from:

- moving freely
- doing what they want.

What are road rules?



Road rules are laws that everyone must follow.

They help keep people safe on the road.



In Australia, each state and territory has their own road rules.



These rules can be different depending on a person's:

- age
- disability
- health.



For example, children 7 years old and younger must sit in a child seat when travelling in a car.



NDIS **providers** must follow the road rules where they live.

This helps keep people safe.



Providers support people with disability by delivering a service.

Why is safe transport important?

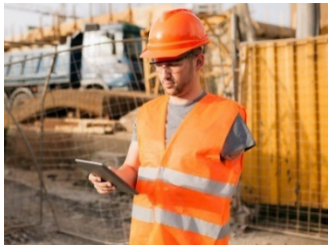


Transport helps people be part of their community.

For example, transport helps people to:



- meet with friends and family



- go to work



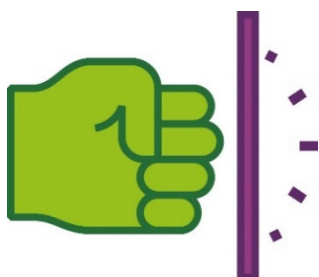
- take part in activities in their community.



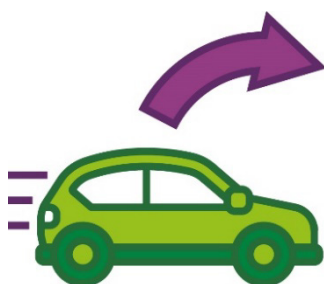
Some people can find transport hard.

So they might do things that are not safe.

For example, they might:



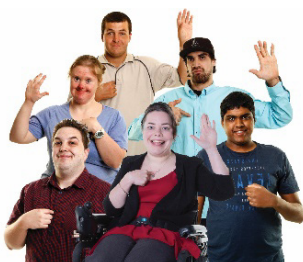
- hit the windows and seats



- try to get out of the car while it is moving.

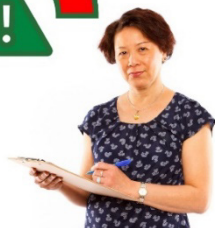


It is important to know how NDIS providers can support **participants** who find transport hard.



Participants are people with disability who take part in the NDIS.

What should NDIS providers do?



If a participant finds transport hard, NDIS providers should do a **risk assessment**.

A risk assessment is a plan on how to keep everyone safe.



NDIS providers should listen to the needs of:

- the participant
- their family or carer
- other support people.



This supports the rights of people with disability.



NDIS providers should understand what might make transport hard for someone.

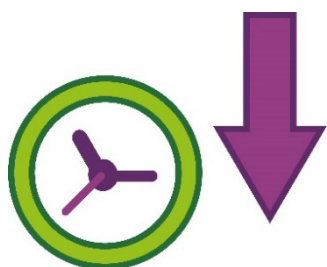
For example, the car might:

- be too noisy
- be hot or cold
- have too many people in it.



NDIS providers should change transport to meet the person's needs.

For example, NDIS providers can work with a participant to plan transport so that it:



- is as short as possible



- has stops so that participants can have a break if they need.



NDIS providers should also tell participants:

- where they are going
- how long it will take.

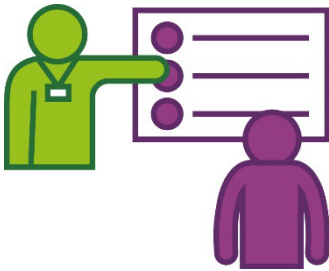
NDIS providers should:



- ask participants how they feel during transport



- let participants bring a person they trust with them during transport.



NDIS providers should teach participants ways to travel safely.

This might include:



- sharing stories about safe transport



- practising safe transport by taking short trips to places.

What is a restrictive practice during transport?

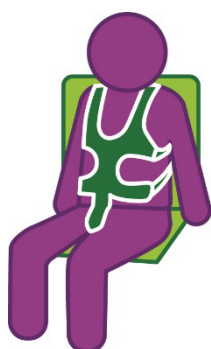


Sometimes people will use restrictive practices to help keep participants safe during transport.



For example, using a harness to stop a participant in a vehicle from:

- hitting others
- moving out of their seat.



This is a restrictive practice.

We call this a **mechanical restraint**.

A mechanical restraint is when a device or equipment is used to stop a behaviour.

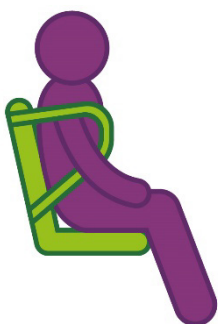
What is not a restrictive practice during transport?



Some things are not a restrictive practice when using transport.

For example, some people need physical supports when they travel.

They may need a harness to:



- support their body



- be safe and comfortable.



This is not a restrictive practice.



There are some other things that are not restrictive practices during travel.

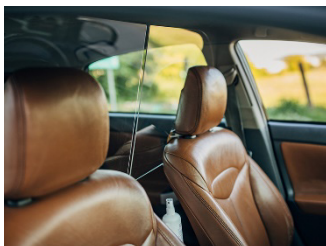
They include:



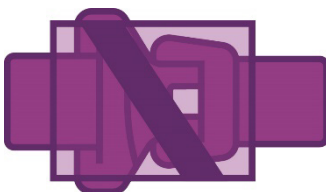
- child locks



- seat belts



- screens behind the back seat and driver



- a seat belt guard – that stops you from taking off your seat belt during travel.

These things are not restrictive practices when using transport because they:



- keep everyone safe on the road



- help NDIS providers follow Australia's road rules.



For example, the law says everyone must wear a seat belt in a moving car.

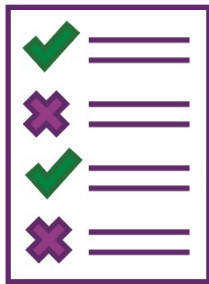


NDIS providers should only use these things when a vehicle is moving.

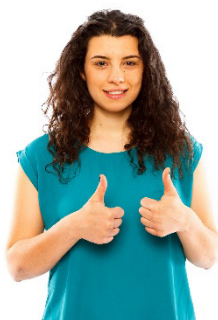


They should not use these things to stop a participant from moving when a vehicle is parked.

What rules must NDIS providers follow?



There are rules about the use of restrictive practices.



NDIS providers must follow these rules.



For example, the use of restrictive practices must be written down.

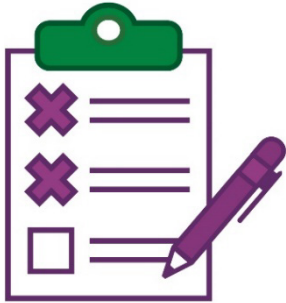
They must be included in a **behaviour support plan**.



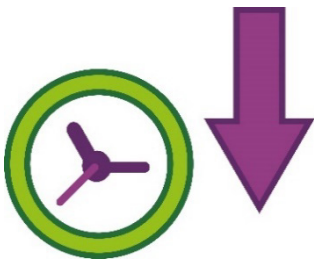
A behaviour support plan explains how other people should support a participant to live their best life.

It helps people understand their behaviour.

The rules also say NDIS providers must use restrictive practices:



- only after trying other things first



- for the shortest time possible.

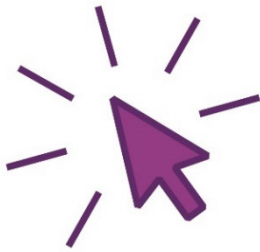
NDIS providers also must find ways to:



- use restrictive practices less

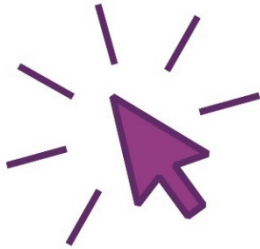


- stop using restrictive practices.



You can find an Easy Read version of our Restrictive Practices guide on our website.

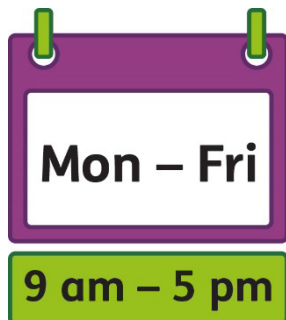
www.ndiscommission.gov.au/rules-and-standards/behaviour-support-and-restrictive-practices#paragraph-id-9139



You can read more about restrictive practices on our website.

www.ndiscommission.gov.au/rules-and-standards/behaviour-support-and-restrictive-practices

Contact us



You can call us:

- Monday to Friday
- 9 am to 5 pm (Sydney time).



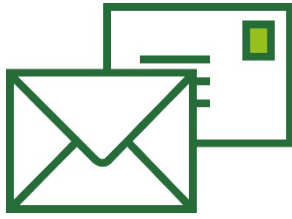
You can call us.

1800 035 544



You can send us an email.

BehaviourSupport@ndiscommission.gov.au



You can write to us.

NDIS Quality and Safeguards Commission

PO Box 210

Penrith

NSW 2750



You can go to our website.

www.ndiscommission.gov.au/



TTY

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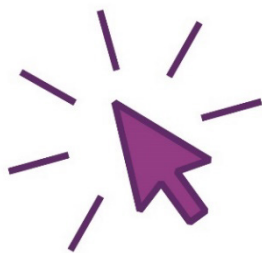
The National Relay Service

Speak and Listen

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SMS relay number

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Internet relay calls

internet-relay.nrscall.gov.au



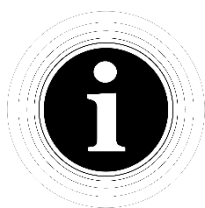
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