

Children and Young People's Handbook in Easy English

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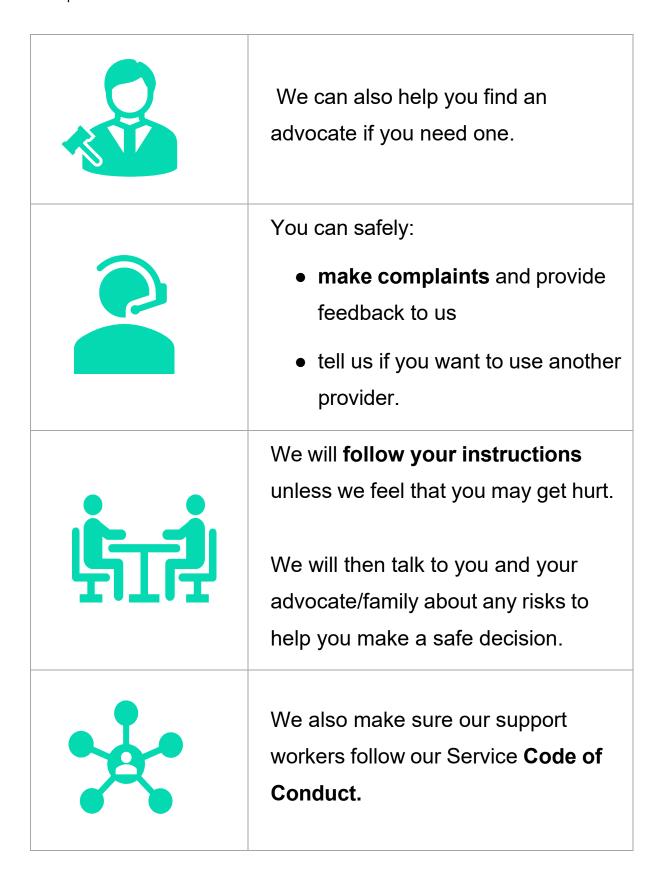
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Section 1 Policy and Rights

Your Rights	
8	This document tells you about your rights.
	Australian laws respect the rights of people with disability. The laws say you: • should be included in community life, and • have the same rights as all other Australians.
	What are your human rights?
	You should be: • safe in your home and anywhere else • treated with respect • part of your cultural community.

	You should be able to: • participate in your religion • express your sexuality • communicate in your family's language.
₹	You also have rights when working with Workforce Extensions North Adelaide Health and other disability support providers.
	You have the right to: • receive good quality services • tell us what you want • choose the type of support worker you want • make your own choices.
	You also have the right to: • be safe • get help when you need it • try new things and take risks.

8	How does Workforce Extensions North Adelaide Health respect your rights?
	Workforce Extensions North Adelaide Health will: • keep you safe • show you respect and respect your privacy • treat you well • help you make your own choices • listen to you • involve your family, advocate and other support carers (if you want us to).
	 We will also: ask you to tell us what supports you want and the type of worker you need keep your personal information private.



Advocacy	
8	This document will help you understand advocacy and who an advocate is.
₹	Advocacy is when a person publicly helps to promote, provide and protect your human rights
	Advocacy can help your voice be heard and your wishes met. Advocacy can be used to help you
	become part of your community Sometimes you might find it hard to say what you want. You might want someone to: • support you • speak up for you • be your voice.
	An advocate can be that person. An advocate is someone who provides a public voice for you if you cannot or do not want to speak up for yourself.



An advocate should be fair and treat everybody in the same way.



You can ask someone **you trust** to be your advocate, like your:

- mum or dad
- brother or sister
- close friend.



Or you can ask a **professional**, **independent advocate** to help you and be your voice.

They can help you make good decisions and choices right for you.



Your advocate should always:

- listen and support you
- take your side
- help you make your own good choices and decisions

	Your advocate can help you :
	• get ready for meetings
	• tell people/providers what you
	want
	• by signing documents for you.
	Importantly, your advocate can
	represent you and speak on your
	behalf.
	Your advocate can help you make a
	complaint if you are not happy with:
	supports provided
	the way you have been treated.
	Your advocate can speak for you and
	tell us how you have been
	mistreated.
	They will help us understand the
	support and assistance you need.
	Your advocate must keep your
	information private .
?	Not sure how to find an advocate?

Participant Handbook



Talk to the Director at Workforce

Extensions North Adelaide Health.

Call: 08 8267 3253

They will help you find an advocate.



Our Director can also help you go online to use **the** NDIS Disability

Advocacy Finder

Privacy and Your Personal Information



This document tells you about your privacy and your personal information.

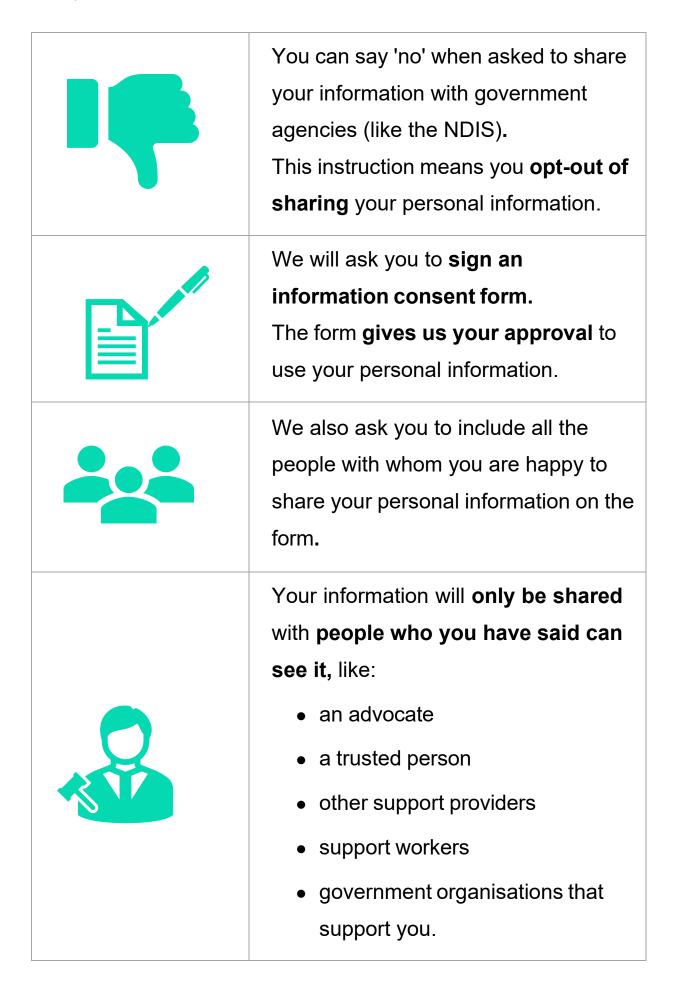


To help us provide you with the proper support and services, we collect and store personal information about you.



We use your personal information to work with you to design supports and care that meets your needs.

 Personal information can include: your name, address and phone number your advocate's contact details details about people who you are close to (mum, brother or a good friend) supports you need your medical records other support providers you use why and how we are helping you.
It is Workforce Extensions North Adelaide Health 's responsibility to keep your personal information private and safe.
We only share your information with others if you say "yes " or if the law says we must.





You have rights when it comes to the management of your personal information.



You can:

- ask our Director to see your personal information at anytime
- tell us to correct wrong or incomplete information
- tell us if you think the information is wrong and must be deleted
- be part of our policy and practice development by telling management how we work with you.

Comp	plaints and Feedback
3	This document tells you how to make a complaint or give feedback
	Workforce Extensions North Adelaide Health wants you to give us feedback or make a complaint if you are unhappy.
İ	It is okay to complain if you are not happy. Tell us when you are upset about: • the supports you received • your support workers • Workforce Extensions North Adelaide Health.
	If you do not feel comfortable telling us about your complaint, you should tell someone you trust like your: • mum or dad • brother or sister • support worker. Ask them to help you make a complaint.

Or you can get help from a professional, independent advocate to make a complaint or provide feedback to us.
We can help you find an advocate if you want. As k our Director to help you. Call them on 08 8267 3253.
How do you make a complaint or provide feedback to us?
You can talk to: • your support worker • our Complaints Manager • the Director.
You can call or email our Complaints Manager directly: Call: 08 8267 3253 Email: northadelaidehealth@workext.com .au

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You can fill out the **Complaints and Feedback Form** and mail it to the

Complaints Manager:

125 Rundle St, Kent Town SA 2067

Ask the Complaints Manager or your support worker for a copy of the form.



You can fill in the participant survey we send to you every year.



You can make a complaint **at any time** directly to the **NDIS Commission**:

Call: 1800 03 55 44

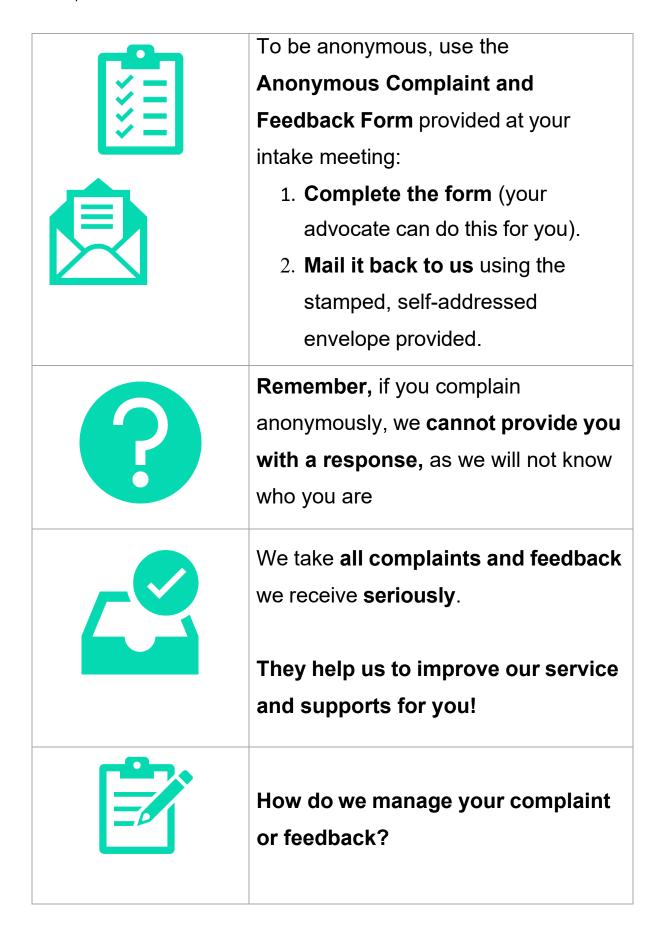
Or go to their website:

www.ndiscommission.gov.au



You can make a **complaint and** remain anonymous.

Anonymous means we will not know who you are.





Our Complaints Manager will:

- talk with you about your problem
- listen to your voice
- write everything you say down
- plan to fix your problem with your input.



Complaints Manager will:

- try to fix your problem
- contact you regularly to tell you how the issue is being fixed.



To keep you safe, if your complaint or feedback involves someone being put in danger of being hurt, we will tell the police and the NDIS.



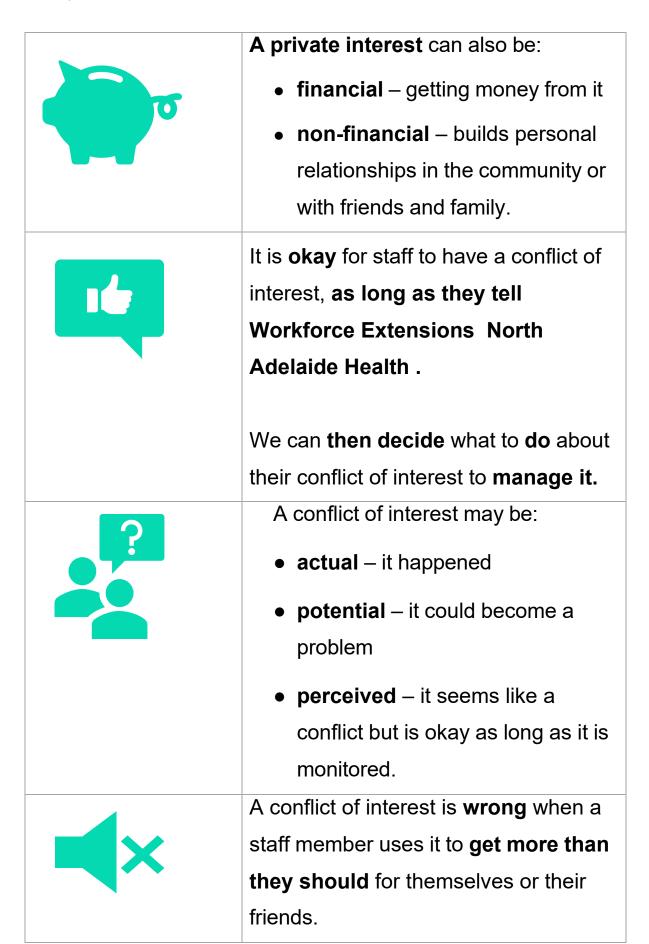
We **keep** everything **you tell us privately**.



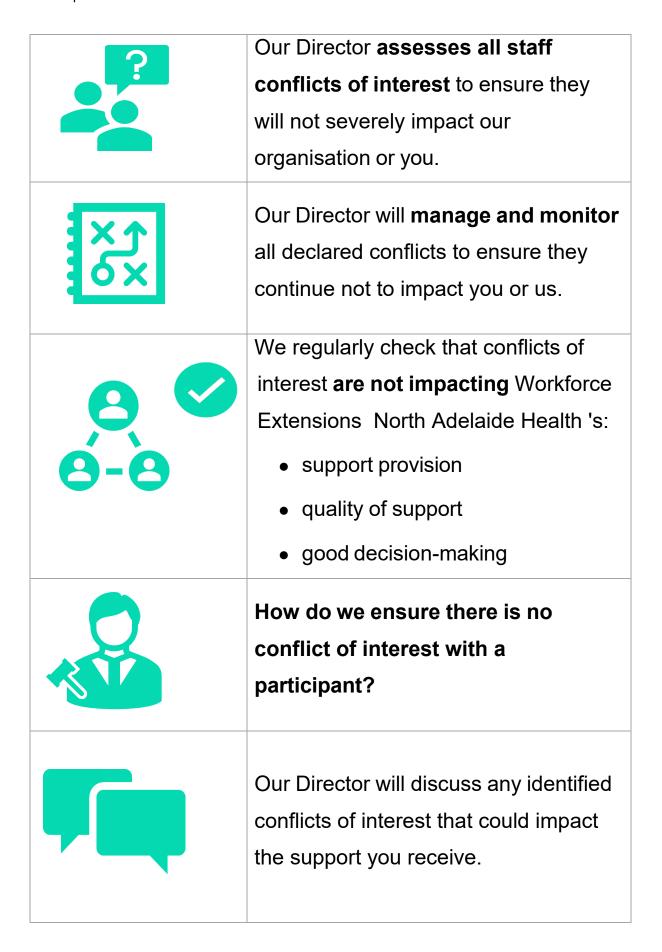
If you are unhappy with the way we handle your feedback or complaint, you can tell the NDIS Commission:

- Call: 1800 03 55 44 (free call from a landline)
- Go to their website: www.ndiscommission.gov.au

Conflict of Interest	
8	This document explains what a conflict of interest is and what Workforce Extensions North Adelaide Health does to manage them
	A conflict of interest is when a staff member's interests are different to Workforce Extensions North Adelaide Health 's or your best interests
	Our staff should always do what is best for you and Workforce Extensions North Adelaide Health.
	Our staff's interests are called private interests
	 A private interest can be: direct – something owned by the person indirect – something owned by a family member or a close friend.



M	A conflict of interest can happen if a staff member's close friends or family become involved in work decisions.
	A conflict of interest can happen if a staff member gets extra money by working for a different company at Workforce Extensions North Adelaide Health.
	A conflict of interest happens when our staff: • are involved with another organisation • encourage you to use the other Provider to receive support.
8	How does Workforce Extensions North Adelaide Health manage a staff conflict of interest?
İ Tİ	We ask our staff to tell us (declare) their conflict of interest as soon as possible .



Our Director will explain how we will manage the conflict
We want you to tell us if you are unhappy about managing the conflict of interest.
We will work with you to try and make changes to make you happy.
Any decisions you make about your providers or supports will not impact the current supports we provide you.
Using other providers will not impact the quality of support you receive from Workforce Extensions North Adelaide Health.
If we cannot fix the conflict of interest and you are unhappy, we may refer you to another provider

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We will talk with you about this.
We will find the best way to continue receiving the support you need.



If you are referred to another provider, we will assist with your transition from our service.

Incident Management	
8	This document tells you what an incident is and how SA Respite and Day Option manages them.
	There are two types: 1. A general incident 2. A reportable incident.
	 A general incident is when: a person causes you harm or could have caused you harm you hurt someone else you feel that someone is going to hurt you.
	 A reportable incident is when one of the following happens: a death a serious injury harm neglect sexual misconduct unregulated use of restrictive practices.



If your worker believes you have been harmed or may be at risk of being harmed, they will call the Child Abuse Reporting Line to protect you.





If you are involved in an incident, you must immediately tell our Director, your support worker or a trusted person.



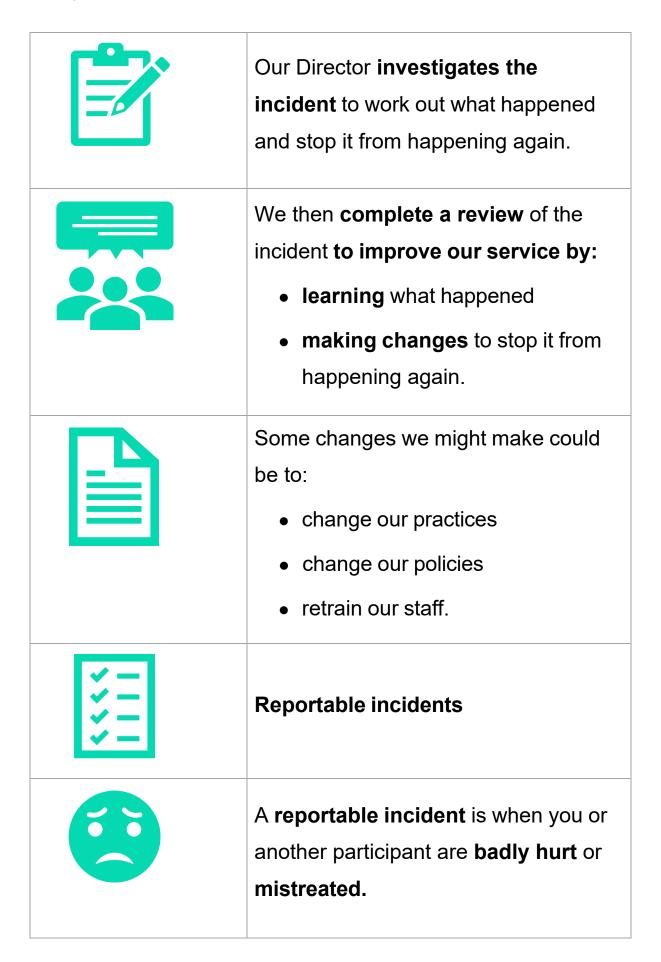
Our Director will meet with you to record what was said and done during the incident.



Our Director will ask you:

- what happened
- the names of people who saw the incident
- when you told someone about the incident (date and time)
- details of the person you told
- how the incident affected you
- what could be done to stop the incident from happening again.

	\/ C 4 1 1 4 4 4
	Your safety is important to us.
	After an incident, we will provide
	support or assistance to help you
	recover from the incident.
	We will support you by:
	• fixing the incident quickly
	 helping you look after your
	health and wellbeing (where we
	can).
?	We will regularly keep you up to date
	with managing the incident.
	TI D' ('II a a da d
45	The Director will contact you to:
	 talk about what happened
@	• tell you what actions we will
	take to fix the incident
	 explain to you what steps have
	already been taken
	We will ask for your:
	 feedback and thoughts on how
	we are fixing the problem
•	ideas about any changes that
	could help you in the future .



	If a reportable incident happens,
ndis	Workforce Extensions North Adelaide
National Disability Insurance Scheme	Health must tell the NDIS
Insurance scheme	Commission and the
	Department of Child Protection.
	We must complete an NDIS
	Reportable Incident Form.
	1. Immediate Notification Form
	2. 5-Day Notification Form
	Workforce Extensions North Adelaide
@	Health must send the form to the NDIS
	Commission using the NDIS portal.
	The NDIS Commission reviews the
	incident.
	They will tell us if we need to take any
	further action.
• • •	We will update you on the NDIS
	Commission's findings, including
	any actions we must take
I X	We keep everything you tell us
	privately.



If you are unhappy with the way we handle your incident, you can tell the NDIS Commission:

- Call: 1800 03 55 44 (free call from a landline)
- Go to their website: <u>www.ndiscommission.gov.au</u>

Zero Tolerance – Harm, Risk of Harm, Violence, Abuse, Neglect and Exploitation



This document tells you how
Workforce Extensions North
Adelaide Health **prevents or manages** harm, risk of harm, neglect and exploitation.



You have **the right** to enjoy a life **free from violence**, **harm**, **neglect and exploitation**.



You should always feel safe when receiving support from us.

If you **do not feel safe**, tell your worker immediately.



Violence is when someone hurts you physically (like hitting, punching or slapping you).

Harm is when someone mistreats you and might hurt your body or feelings.
Neglect is when someone is not caring for you or helping you how they are supposed to.
Exploitation is when someone is taking advantage of you .
Workforce Extensions North Adelaide Health does not allow any acts of violence, harm, exploitation or neglect towards you.
It is our responsibility to protect you and keep you safe .



We want you to tell us if someone hurts you or if you do not feel safe when with someone.



If you do not feel comfortable telling us, you should tell someone you trust like your:

- mum or dad
- brother or sister
- support worker.

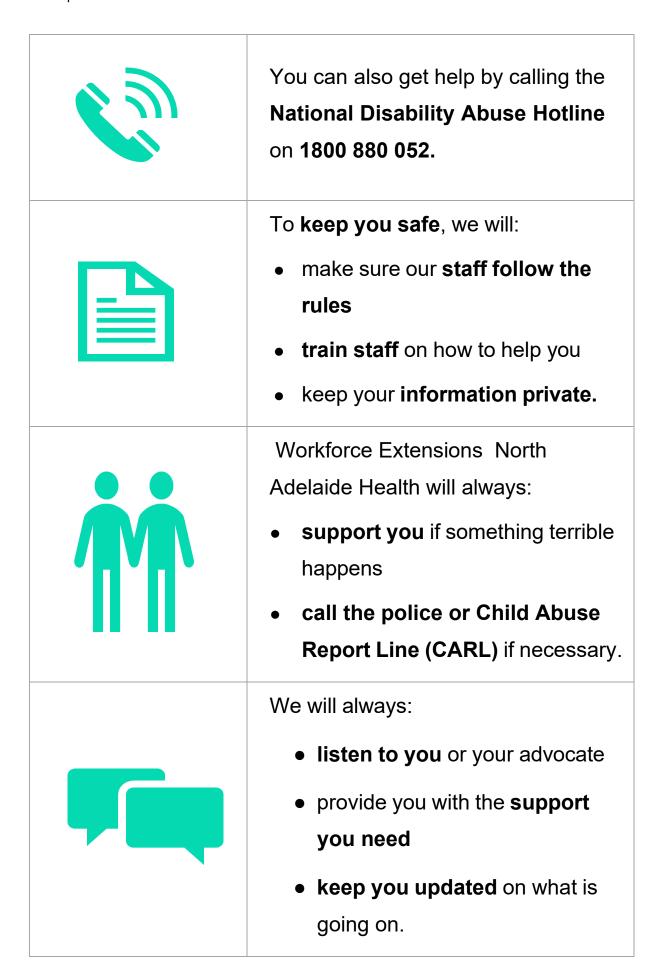


Or you can get help from a professional, independent advocate.



We can **help you find** an advocate if you want.

Ask our Director for help. Call 08 8267 3253.





If you are not happy with how we are helping you tell the **NDIS**

Commission: Call 1800 03 55 44

Go online

www.ndiscommission.gov.au

Section 2 Planning and Supporting

Planning with you	
	Your voice is essential for us to know how to work with you.
İ Tİ	Please tell us about your needs and requirements.
	Your Support Plan is designed with you at the centre of all actions.
iii	Our staff will look at your current NDIS Plan funding to ensure that we have the services you need.
M	To create your plan, we may need to talk to your family, health providers and others (with your permission)
	We will consult with you about many supports such as: • Living skill development • Your interests, leisure and community group involvement • Travelling and transport needs

-111=	We will consult about:
	family relationships
	cultural requirements, e.g. food,
	spiritual Identity – religious needs
	communication methods
~ >	Your safety is checked:
	physical environment
	personal emergency plan tested
	Your health needs are assessed:
	medical needs
*	general health requirements
	high-intensity requirements
	allied health services
	comprehensive health
	vaccination support
	oral health
**	We look for risks so we can get rid of
	or reduce them

	We will create risk strategies with you and train our staff in these
	Your Support Plan is reviewed every year
<u><u>İ</u></u>	If your needs change, then we will review your plan earlier
an and a second	You will need to sign your Support Plan
	We will provide you with a copy of the Support Plan

Risk Assessment	
	Your safety is essential to your support
ĖŢĖ	Assessing risks to you will occur regularly.
	Your risk assessment starts at your initial intake, then at least annually.
(1)	When your situation changes, we will undertake another risk assessment.
	A risk is when it is probable that a specific event or activity may lead to you or someone else being hurt.
¥ = 1	 We assess risks by asking: What could go wrong? How often? How bad? Is there action needed?
	A strategy will be written for any risk and recorded in your Support Plan.

	We will discuss your risks and their strategies with you.
L	If we think an activity has high real or potential risk. We will talk to you about the risks. You can agree to undertake this activity (Informed-Consent)
	 Your environment is checked for: Trips and falls Electrical issues – cords Hot water temperature Medication storage Pets Physical environment – stairs etc
	Your emotional environment is checked to ensure the people around you are supportive and not hurting you.
1 3	We look for risks so we can get rid of or reduce them

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	We will create and train staff in your risk strategies
İ Tİ	If your needs change, then we will review your risks earlier

S	afe Environment
	Your safety is our priority.
	We will assess your environment to make sure you are safe.
	Our checks will look at your floors to help reduce your risks – trips and falls
	Our team may check your flooring – any rips, tears or lifting flooring or rugs.
	Our checks will look for any electrical problems such as cords hanging or frayed
	We will make sure your hot water is at the right temperature to prevent you from burns or scalds
	Your medication storage is checked.
	If you have pets , a plan will be devised to prevent any incidents between the pet and our staff.

	Please do not smoke when our staff are present.
	Sometimes we may have to wear masks to stop you and us from getting sick.
	Our team will make sure that we clean to prevent germs from spreading.
	Our team may wear gloves so we don't make you sick
	Wash your hands regularly, especially after using the toilet or blowing your nose
	To keep you safe, our team will wash their hands, wear gloves and use hand sanitisers.
V	If we clean your home, we will ensure we clean all surfaces and get rid of all rubbish as your plan says.
	If you are sick, please tell us, so we know how to manage your support.

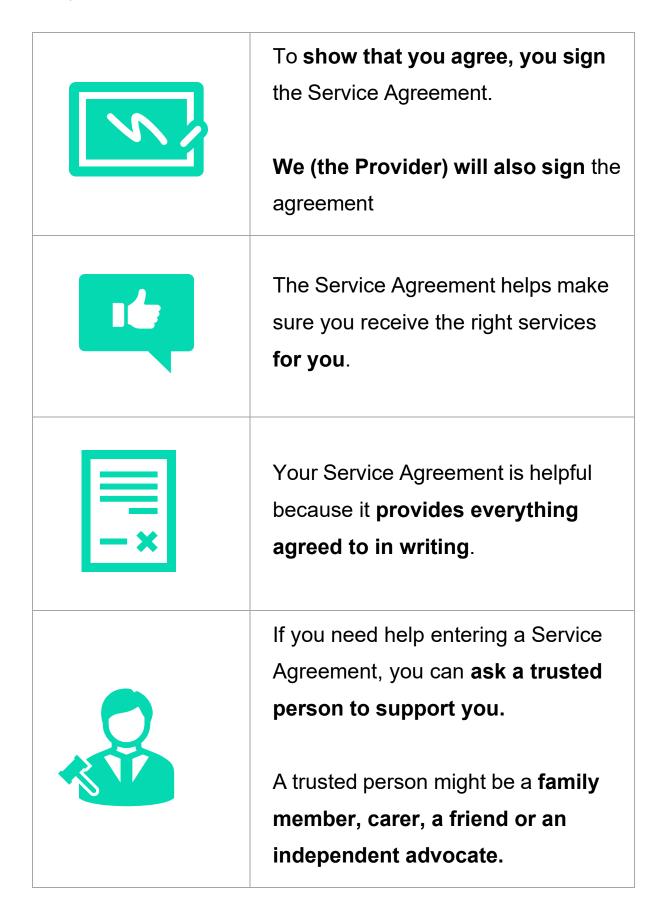
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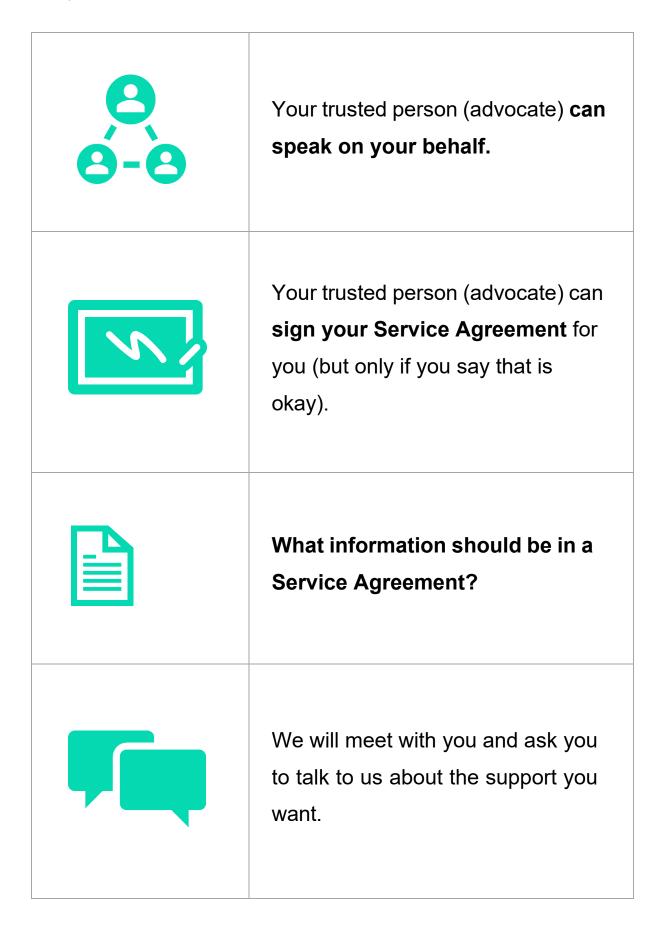
İ Tİ	We will talk to you at least every year about your safety
	Talk to us any time if you are unsure or feel unsafe.

Emergency and Disaster Planning	
8-8	We will work with you to create an emergency plan.
	Your emergency plan will reduce and get rid of any risks during an emergency or disaster.
	An emergency is any sudden, urgent, unexpected event that may cause grave risk to your health, life or environment
	A disaster can be prepared for and may cause loss of life, damage or hardship (such as fire and flood)
	Your emergency plan ensures continuous support and manages your safety needs.
	Your emergency plan reviews what is critical to your safety, health and wellbeing
*	Your emergency plan considers planning and responding to an emergency and disaster

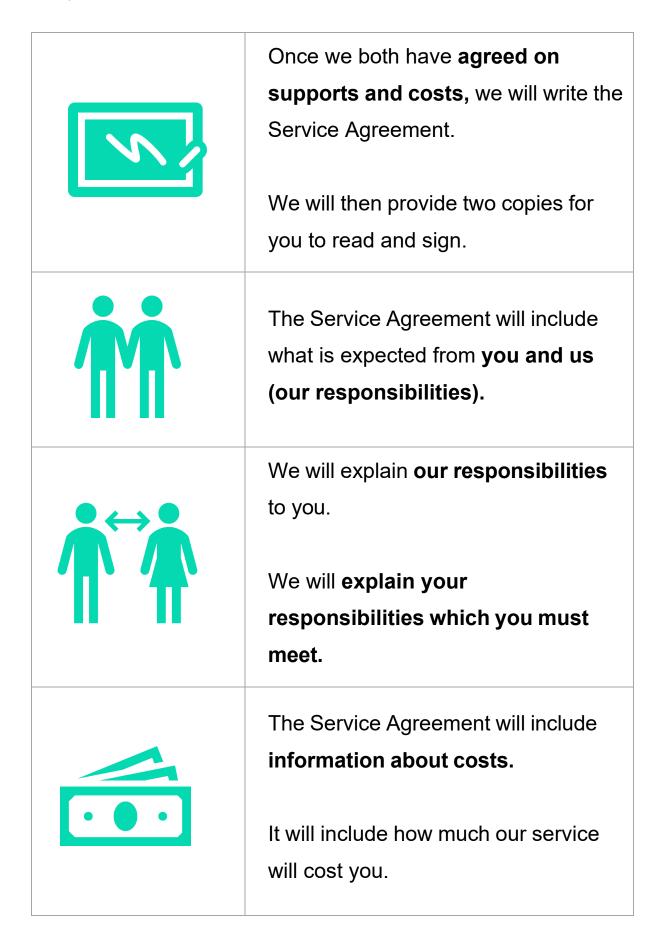
	Your emergency plan will look at potential changes, adapting and rapidly responding to ensure your support.
	We will write the communication strategies for you and your network into the plan.
× = = × = = = = = = = = = = = = = = = =	We will test the emergency plan
	You can give feedback on what worked and what needs to change.
** =	Our management reviews all the information we gain from your test and the current situation.
	Your staff will be trained and know your plan and how to help you.

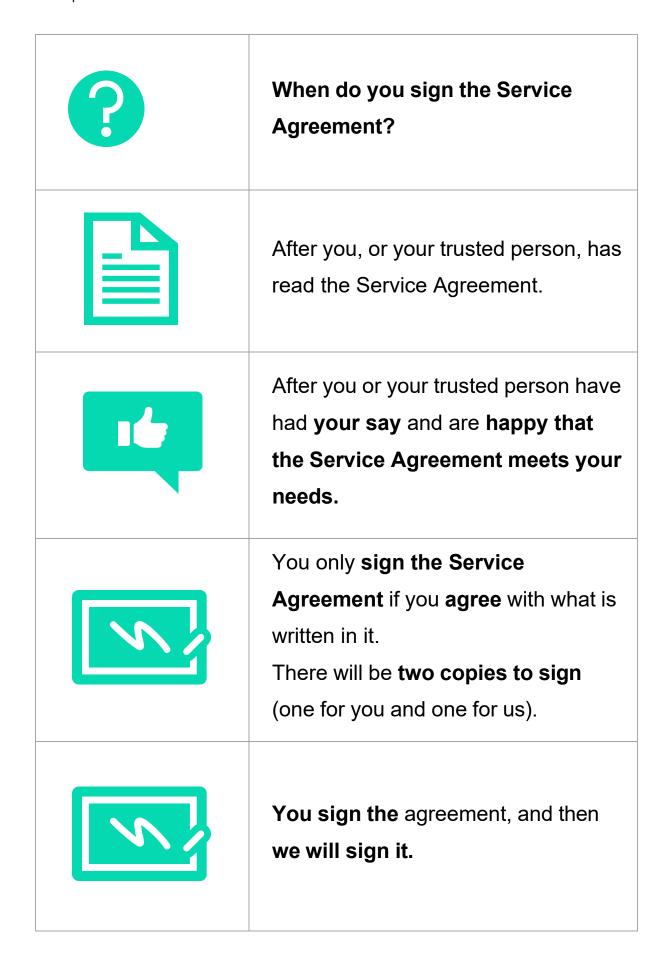
Se	rvice Agreement
8	This document tells you a Service Agreement and why you need one.
	A Service Agreement is a document.
——————————————————————————————————————	It is an agreement between you and your service provider.
	The service provider is the person or organisation that supports you (like Workforce Extensions). North Adelaide Health).
	When you agree on the services you want from the Provider, it is written down in the Service Agreement.
	The Service Agreement says that you and your Provider agree to the services they will provide.









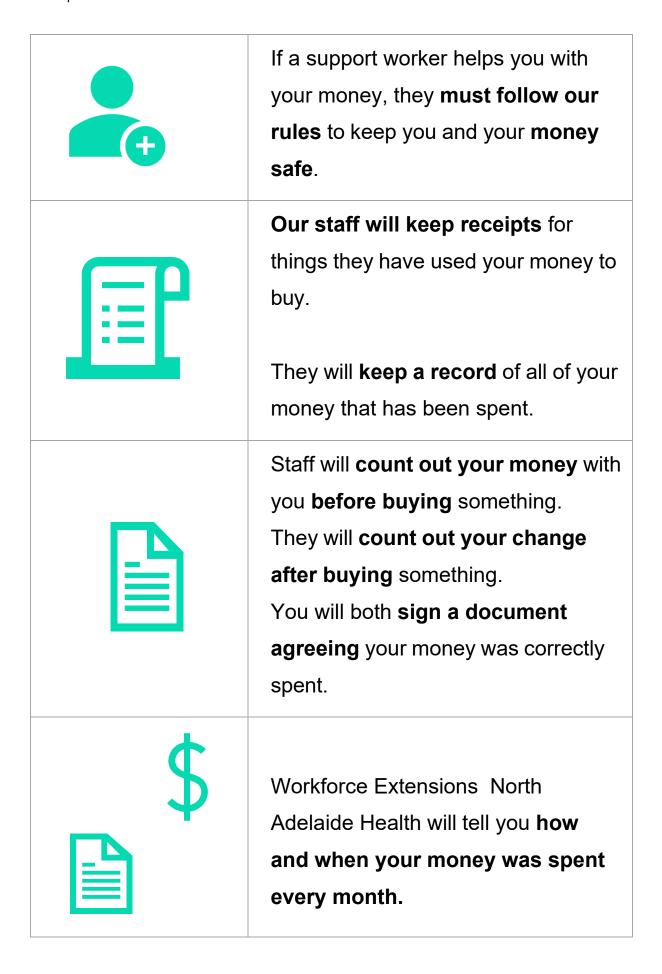


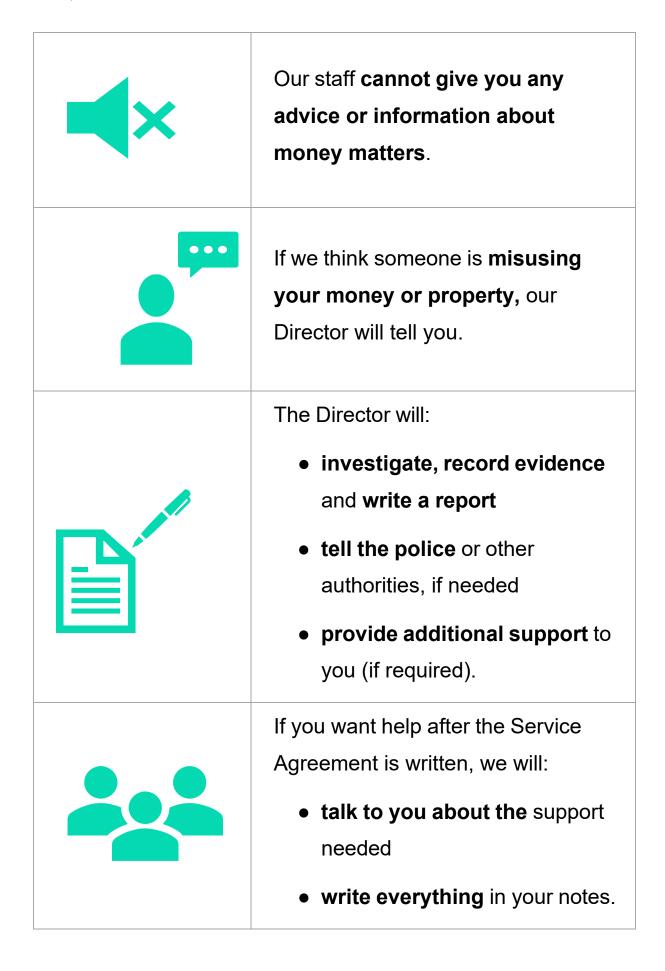
	We will give you a copy of your Service Agreement, and we will keep a copy in your file.
	Do not forget to keep your copy in a safe and private place.
	You can change or end your Service Agreement with us. Just talk to our Director to change an agreement.
2	To end an agreement, simply tell us in writing (if you can). Please give us the right amount of notice (check what is written in your Service Agreement).
	We will provide you with the support you need to leave our service.

Money and Property	
8	This document tells you how we will look after your money and property.
	You are the owner of your money and property.
	If you say it is okay, we can help you buy things with your money, and we will use your property to deliver your services.
	We can only use your money or property if you have agreed, which is written in your Service Agreement and Support Plan.
	You agree to our staff helping you use by completing the Participant Money and Property Consent Form.

Property: Our staff will only use your property if needed to help deliver your services. • You must tell us it is okay to **use** your property. • We will add a list of properties used in your Support Plan. Money: • You tell us how you want to spend your money. • Our staff cannot touch your money without permission. If you ask a support worker to **help** you spend your money, they must check they can with our Director. Our staff cannot use your PIN or get money from an ATM because this is your **VERY private**

information.







The Director will include the help you need in your Service Agreement and Support plan and give you an updated copy.



If you are unhappy with how we manage your money or property, you can tell the NDIS Commission:

- Call: 1800 03 55 44 (free call from a landline)
- Go to their website: www.ndiscommission.gov.au

Section 3: Working with you

Communicating with you	
	Your voice is essential to us
İ Tİ	Please speak to us and tell us what you want or what we need to change.
	Tell us how best to connect with you.
	Let us know if you need an interpreter – Auslan, language
	Do you want us to send an email?
	Is phoning you the best?
	We will record what you tell us and let our staff know what you want.

\longleftrightarrow		interested in giving our
	management tea	am regular feedback to
нπ	improve our serv	vice
	Our contact infor	mation:
	Bookings:	(making and
	cancelling) Acco	unts: Our
	contact informati	on: Bookings:
		08 8267 3253
	(making and can	celling)
	Accounts:	08 8267 3253
	Feedback:	(positive and
	negative)Feedba	nck: 08 8267
	3253 (positive ar	nd negative)
	Other:	08 8267 3253
	Remember, you	r input and voice are
	essential to us p	roviding your support

Mealtimes	
8 8-8	Tell us your mealtime needs and preference
	We will make sure your meals are nutritious and have the right texture.
3	A Speech Therapist works with you to plan your mealtime needs – texture, thickness and other needs
	The SpeechTherapist assesses your nutrition and swallowing to see if you need texture-modified food and fluids
?	The Speech Therapist reviews your risks
	Your risks may include positioning, swallowing, diabetes, anaphylaxis, food allergies and weight problems.

\$\frac{1}{2}	The Speech Therapist will assist in designing your seating and positioning when eating.
E	The Speech Therapist will create a plan that includes your swallowing, eating and drinking requirements
	Trained staff will help you if you have trouble with coughing and choking.
	Staff have access to your plan so they can see your needs.
	Our team will assess any risks to keep you safe when eating
	We will store your food safely and provide you with your proper meal.
	Don't worry. We will assist and respond to your changing needs if we see you having trouble.

Oral Health	
	Brush your teeth – two times a day
	Use a toothbrush and toothpaste
→ * <u>*</u>	Brush in the morning and at night
	Floss after cleaning your teeth
	Avoid sugary food
	Visit your dentist
M	We will help and take you to the dentist if you need assistance.

Section 4: Child Safe Standards

Child Safe Standards	
Standard 1	Workforce Extensions North Adelaide Health must make your safety our number one priority
	We do this by:letting everyone know we are a child-safe place
	 always thinking about child safety risks
	 putting plans in place to manage safety risks.
	Our staff must undergo special Working with Children Checks and NDIS checks to keep you safe.
	Our staff are trained to:
	 help you if you feel unsafe be responsible for your safety follow our rules.
Standard 2	Children are encouraged to speak up and are believed

	We want to hear what you have to
	say.
	We want you to tell us about the
	things:
	you want and like
	 you do not want and do not
	like.
	We want you to tell us if you have
	been hurt or feel unsafe or scared.
	You can tell us about your worries .
	We will always listen to you.
	We will help you and keep you safe.
Standard	We work with your family and
3	community to support you
	We understand that your family and
	community are important.
	We work with them to help you.

	We share information with you and
	your family about your care and
	safety.
	We involve you and your family in
	important decisions about your care
	and safety.
2	We ask your family and the
	community to tell us how we can
	improve how we keep you safe.
	We always listen to what they have
	to say.
	We make changes to our
) r	organisation based on their
	suggestions.
Standard	We provide you with
	opportunities to reach your full
4	potential.
	We want you to:
	 feel proud of your culture and
	family background
1.7	laining background
	 always be treated fairly
	always feel included

	We want you to tell us about your
	cultural differences.
	We will pay attention to your
	cultural needs and always treat you
	fairly.
	We will always provide you with:
	• support
	information about things that
	are important to you
	• ways to complain about the
	support you receive
	We want you to participate in and
T	enjoy our services and activities.
Standard 5	enjoy our services and activities. We select suitable staff, and we
Standard 5	
Standard 5	We select suitable staff, and we
Standard 5	We select suitable staff, and we support them.
	We select suitable staff, and we support them. We want you to know you:
Standard 5	We select suitable staff, and we support them. We want you to know you: • are safe with our staff
	We select suitable staff, and we support them. We want you to know you: • are safe with our staff • we care about you

	To keep you safe, our staff:
	 understand that keeping
= *	children safe is important
	 have been approved to work
	with children.
	We train all of our new staff:
	in their child safety
	responsibilities
	• in our child safety rules
	 to understand how we focus on
	child safety.
	We supervise our staff to help
	make sure they are:
	 following the safety rules
8-8	• taking the right steps to keep
	you safe.
	We provide our staff with regular
FITT	child safety training updates.
Standard 6	Children are always our priority
Standard 0	when we respond to complaints
	of child abuse.

	We want you to know that we:
	 want you to speak up about anything that is worrying you
	will look after you and keep
	you safe
	 will take action to fix your
	problem.
	Workforce Extensions North
	Adelaide Health takes complaints
	seriously.
	We use them to learn and improve
	the way we do things.
	Our staff are trained to handle and
	respond to complaints, including
	child safety complaints.
	We manage all complaints quickly.
	We tell everyone involved how we
	will fix the problem.
	We will then act to fix the problem.
	We want you to tell us if you:
	• are unhappy
	• feel unsafe or scared
	 have been hurt in any way.

	You will never get into trouble for telling us how you feel or about something that has happened to you.
	If someone hurts you, we might need to tell someone else so they can protect and help you. We might need to tell the police, CARL or the NDIS Commission.
Standard 7	We build the skills, abilities and confidence of our staff.
	Our staff have been trained in ways to keep you safe and protect you .
	If you are hurt, our staff know who to tell to get you the help you need.
Standard 8	Workforce Extensions North Adelaide Health has identified and removed online and physical risks to keep you safe.

	We understand that you have the
	right to privacy.
	We want you to be able to try new
	things in new places.
M	We want you to tell us about the
	things that make you feel safe or
	unsafe when you visit us.
1	If you go online , we want you to tell
	us if things do not feel safe or make
	you feel bad.
	To keep you safe, we think and talk
	about all the things that could
	happen that might hurt you when
	you work with us.
	To protect you, we will change
	things that are unsafe or could hurt
	things that are unsafe or could hurt you.
	you.
	you. We supervise our staff to check
	you. We supervise our staff to check they follow our rules to keep you
	you. We supervise our staff to check they follow our rules to keep you safe.
	you. We supervise our staff to check they follow our rules to keep you safe. We will always listen to your

Standard 9	We continuously try to improve our child safety practices.
***	We always look at the ways we are keeping you safe. We always try to improve the ways we keep you safe.
	 To improve child safety, we: learn from our mistakes listen to feedback and complaints make changes to fix the mistakes and complaints.
×== ×==	 Our Director's job to: review how we keep you safe find ways to improve child safety.
**==	The Director makes sure we make things better by: • fixing our policies and rules • updating our rules

	 training our staff in new steps to keep you safe.
Standard	Our policies and procedures are
10	supported by our leaders and understood by all staff members.
	Our policies and procedures are
l ≡l	our rules to keep you safe.
× -	These rules are based on the Child
	Safety Standards.
	Our policies and procedures tell our
	staff the following:
	• rules they must follow
	 things they must do to keep
	you safe.
	We want you and your family to tell
	us how we could improve our rules.
	If you do not feel that we are keeping
	you safe, then call the
	Kids Helpline 1800 55 1800
	Youth Helpline 1300 13 17 19