

Making Your Own Choices



You are at the centre of everything we do.

-  You make choices about your life and your supports
-  We listen to what you want and need
-  We work with you to plan the right supports for you

We work with:

- You
- Your family (if you want)
- Your advocate (if you have one)
- Other people who support you

We check your plan regularly to make sure it is working for you.

Restrictive Practices



What are restrictive practices?

Restrictive practices are things that limit your freedom or movement.

 **We only use restrictive practices if:**

- You or someone else might get hurt right now
- There is no other way to keep everyone safe
- It is in your Behaviour Support Plan

Your rights are important:

-  We use the least restrictive option
-  We help you learn new skills so we don't need restrictive practices
-  We write down and report any restrictive practices we use

Your Advocate



What is an advocate?

An advocate is someone who:

- Helps you speak up
- Makes sure you are listened to
- Helps you understand your rights
- Speaks for you if you want them to



You can choose your own advocate



We can help you find an advocate if you need one

We will:

- Give your advocate information they need
- Include your advocate in planning meetings
- Talk to your advocate when you want us to
- Listen to your advocate's concerns



You can change your advocate any time

Just let us know so we talk to the right person

Conflict of Interest



What is a conflict of interest?

A conflict of interest is when someone's personal interests might affect the support you get.

Example:

Your support worker is also friends with your landlord. This might make it hard for them to support you fairly if you have a problem with your landlord.

 Tell us if you think there is a conflict of interest

What will we do:

- We will look at what you tell us
- We will have a meeting to talk about it
- We will work out how to fix the problem
- We will tell you what we will do

 **We write down all conflicts of interest**

This helps us make sure we support you fairly

Need Help?



You can always:

- Ask questions
- Get help from your advocate
- Talk to TASSK staff
- Make a complaint if you are not happy

 Contact TASSK if you have questions or concerns