# Speak Up and be Safe from Abuse

Supporting people with communication difficulties to be safe from abuse.

# **Abuse Prevention Plan**

## **People and Relationships**

Actions required to support customers in the house to build trusting relationships include:



## Communication

A summary of communication supports to assist customers include:



## Watch, listen and respond

Actions required to listen and respond to each customer's communication:



# Human rights and support

Actions to ensure that customers human rights are upheld include:



## Learn

Strategies to support customers to learn about human rights, sexual health and abuse/ neglect include:



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The Speak Up and be Safe from Abuse project was supported by the Victorian Government.



# Speak Up and be Safe from Abuse

Supporting people with communication difficulties to be safe from abuse.

# We all have the right to be safe

## **People and Relationships**

We need different people around us, who we care about and who care about us

- Peers
- Staff
- Family
- Friends

- Colleagues
- Volunteers
- Community members
- Advocates

## Communication

#### We need the words to be able to talk about abuse



- Ask me how I am and believe everyone has a story to tell
- Use key word signs or picture supports
- Make communication aids available and ready to use
- Observe any non-verbal behaviours and report any changes

Find the communication aids \_\_\_\_\_

\_\_\_\_\_ (eg. office, filing cabinet)

## Watch, listen and respond

#### We all need someone to listen and do something about it



- Make time to listen to me. You may need to allow more time if I use different ways to communicate.
- You do not need to decide what is true or false.

Your responsibility is to follow policy and/or report a crime to the police.

### Human rights and support We need the best support to feel safe



- Create an environment that encourages people to speak up and report abuse
- Make a plan with me about how to provide support, especially when the support involves personal care.
- Check with me if you are providing support the right way
- Any restrictions, such as behaviour supports, medication and physical restraints must be recorded in a behaviour support plan.
- Follow any support or care plans. Review regularly.
- Refer me to appropriate support services, such as counselling.





- Support me to understand my human rights
- Support me to understand what abuse and neglect is
- · Support me to learn about sexual health
- Find education, support services and Easy English materials.

#### Name of house:

#### Plans for review:

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