



Royal Commission
into Violence, Abuse, Neglect and Exploitation
of People with Disability

Sharing your experience

with the Disability
Royal Commission

Easy Read version



How to use this document



The Disability Royal Commission
(the Royal Commission) wrote this document.

When you see the word 'we', it means
the Royal Commission.



We have written this document in an easy
to read way. We use pictures to explain
some ideas.



We have written some words in **bold**.
We explain what these words mean.
There is a list of these words on page 27.



This Easy Read document is a summary
of another document.



You can find the other document on **our website**.



You can ask for help to read this document.
A friend, family member or support person
may be able to help you.

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What is this Royal Commission about?



A **Royal Commission** is an official way of looking into an important problem.



This Royal Commission is called the Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability.



We usually call it the Royal Commission.

We need the Royal Commission because we know that people with disability experience:



- **violence** – if someone is hurting you physically



- **abuse** – if someone is treating you badly



- **neglect** – if someone is not helping you the way they are supposed to help you



- **exploitation** – if someone is taking advantage of you.

We also know that these things can happen to people with disability in different places, like:



- schools



- where they work



- jails and detention centres



- places where people with disability live and are cared for



- places where people who need support for their mental health live and are cared for



- group homes or boarding houses



- their family home



- hospitals



- day programs.



We need to find out about the experiences of people with disability.



We want to hear from:

- people with disability
- families
- carers
- support workers
- organisations
- the wider community.

Why should you share your story?



Your experience is important.

Hearing about people's experiences helps us:



- collect information about the problem



- understand how bad the problem is



- find out what is going wrong in places where the problem happens



- learn how the problem affects people with disability



- learn how the problem affects family members and supporters



- learn how the problem affects the community



- hear different opinions and points of view.



Seeing or hearing news about the Royal Commission will be hard for some people.



Sharing your story can be hard too.



We have supports to help you.

How can you share your story?



You can share your story by making a **submission**.



A submission is a document that explains:

- your experience
- an idea you have.

Anyone can make a submission, including:



- people with disability



- family members



- supporters.



You can make a submission in the way that is best for you. This might be:

- online
- in writing
- by email
- over the phone
- in a video
- as an audio recording.



We want to make it as easy as possible.



You can get help to work out what you want to say.



You can make your submission in:

- English
- another language you speak
- Aboriginal and Torres Strait Islander languages
- Auslan.



If you speak a language other than English, an **interpreter** or **translator** can help you.

An interpreter is someone who:



- speaks the language you understand
- can help you understand what someone says when they speak a different language.

A translator is someone who can help you:



- understand what something written in a different language says
- write what you want to say in a different language.

You can read more about the language support we offer on page 22.

Questions to help you



These questions can help you start your submission.

What do you want to tell us about your experience of:



- violence?



- abuse?



- neglect?



- exploitation?



Have you told anyone else about these experiences?

Who did you tell?



What happened when you told them?



What ideas do you have about making things better?



Is there anything else you want to tell us?



What would you like to tell Australia about your hopes for the future?

How do I make my submission?



You can make a submission online at
[www.disability.royalcommission.gov.au/
share-your-story/make-your-submission](http://www.disability.royalcommission.gov.au/share-your-story/make-your-submission)



You can make your submission online by:

- filling out the form
- uploading a video or audio recording.

Or you can send your submission to us:



- in the mail to:

GPO Box 1422
Brisbane QLD 4001



- in an email to:
DRcenquiries@royalcommission.gov.au



You can call us on:

- **1800 517 199**
Monday to Friday

Private sessions



Another way to share your experience is in a private session.



A private session is a private meeting between:

- someone with a story to tell
- 1 or 2 of our Commissioners.

Anyone can apply for a private session, including:



- people with disability



- family members



- carers and supporters.



You can have a private session:

- in person
- over the phone
- by video.



We will keep the information from your private session **confidential**.



If you ask us to keep your session confidential, we will not:

- share the information
- say who gave us the information.



You can get **counselling support**:

- before your private session
- at your private session
- after your private session.

Counselling support is when you:



- talk to someone about how you think and feel
- talk about ways to help you feel better.

You can contact us to apply for a private session:



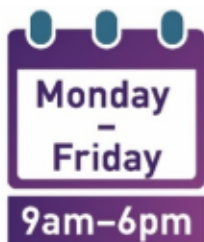
- online at
[www.disability.royalcommission.gov.au/
share-your-story/apply-private-session](http://www.disability.royalcommission.gov.au/share-your-story/apply-private-session)



- by email
DRcenquiries@royalcommission.gov.au



by phone:
1800 517 199



You can call us from Monday to Friday
between 9am and 6pm.



- by mail:
GPO Box1422
Brisbane QLD 4001

Keeping you and your information safe



If you make a submission, we won't share it unless you want us to.



If you let us share your submission, you can ask us not to include:

- your name
- any information about you.



We can keep your information safe until the Royal Commission ends.



If you are worried that your information might not be safe after the Royal Commission ends, you can ask us for a private session.

You can read more about private sessions on page 15.



Some people with disability worry about how people will react to things they tell us about:

- things other people have done
- places they have worked
- services they have used.



We take people's worries very seriously.



It is a crime for someone to do something to you because of what you have told us.

It is against the law.

Counselling support



Seeing or hearing news about the Royal Commission will be hard for some people.



Sharing your story can be hard too.



You can get support to help you with any feelings you might have because of the Royal Commission.

We can offer you counselling support:



- before you take part in the Royal Commission
- while you are taking part in the Royal Commission
- after you have taken part in the Royal Commission.



We have counsellors who go to all our:

- public hearings
- private sessions
- community forums.

Blue Knot Foundation offers free counselling support to anyone who needs it.



You can contact Blue Knot Foundation:

- by phone:
1800 421 468



- They are open every day.



If you have a speech or hearing impairment, you can call the National Relay Service.

133 677



Tell them the number you want to call is

(02) 6146 1468



If you need to communicate in a different way, you can use:

- online chat
- email.



You can send Blue Knot Foundation an email

helpline@blueknot.org.au

Support for people who speak other languages



You can share your experience with the Royal Commission in:

- English
- another language you speak
- Aboriginal and Torres Strait Islander languages
- Auslan.



If you speak a language other than English, an **interpreter** or **translator** can help you.

An interpreter is someone who:



- speaks the language you understand
- can help you understand what someone says when they speak a different language.

A translator is someone who can help you:



- understand what something written in a different language says
- write what you want to say in a different language.

If you speak a language other than English,
please contact:



- the National Counselling and Referral Service

1800 421 468

Ask them for an interpreter.



- TIS – Translating and Interpreting Service

131 450



If you would like a copy of any of our documents
in Braille, please call us on

1800 517 199

Getting legal support and advice



If you need legal support and advice, we have a free service you can use.



The service is run by Your Story Disability Legal Support.



You can contact them by phone on
1800 771 800



You can call them from Monday to Friday during work hours.



You can visit their website.
www.yourstorydisabilitylegal.org.au

This service can help you:



- understand how the Royal Commission works



- share your story in a:
 - submission
 - private session



- help you write a witness **statement**



A statement is a formal description of something that:

- happened in the past
- is happening now.



- give you advice about legal matters that might affect you



- give you information about **financial assistance**.



Financial assistance is extra money you might be able to get to help you.

Word list



Confidential

If you ask us to keep your session confidential, we will not:

- share the information
- say who gave us the information.

Counselling support

Counselling support is when you:

- talk to someone about how you think and feel
- talk about ways to help you feel better.



Evidence

When you give evidence, you tell your story.



Financial assistance

Financial assistance is extra money you might be able to get to help you.



Formal

When something is formal, there are strict rules about how it should be done.



Hearing

A hearing is a formal, public meeting we will hold.

Interpreter or translator



An interpreter is someone who:

- speaks the language you speak
- can help you understand what someone says when they speak a different language.

Public



When something is public:

- anyone can watch
- we share the records of what happened so anyone can read them.



Recommendations

Recommendations are ideas about what we could do to make things better.



Royal Commission

A Royal Commission is an official way of looking into an important problem.



Statement

A statement is a formal description of something that:

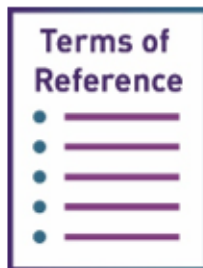
- happened in the past
- is happening now.



Submission

A submission is a document that explains:

- your experience
- an idea you have.



Terms of Reference

The Terms of Reference is a list of the things a Royal Commission should look at.



Witness

A witness is a person who saw or knew that something happened.

How to contact us



You can email us at

DRCenquiries@royalcommission.gov.au



If you have a question, you can call us on

1800 517 199.



We are available on Monday to Friday between 9am and 5pm.



We are not available on public holidays.



You can also call the National Relay Service on **133 677.**



You can write to us at:

GPO Box 1422

Brisbane

QLD 4001

You can follow us on:



Facebook

www.facebook.com/disability.royalcommission.gov.au



Twitter

[@DRC_AU](https://twitter.com/DRC_AU)



You can also subscribe to our newsletter

Connect by sending an email to:

DRCmailinglist@royalcommission.gov.au

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Exploitation of People with Disability