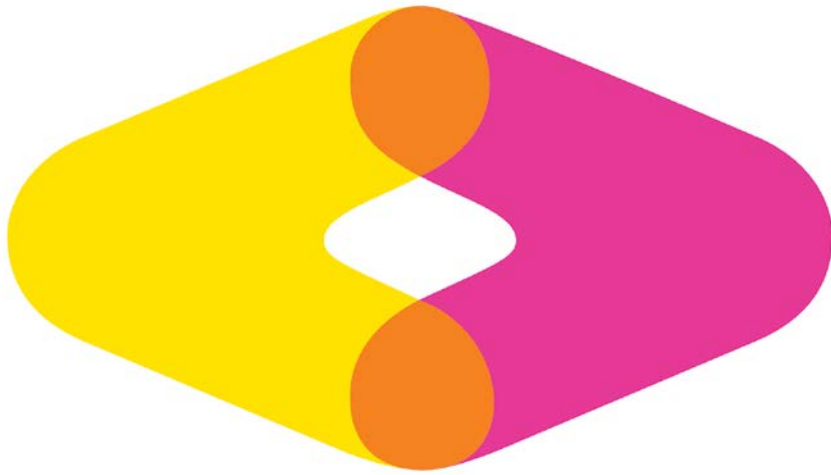


**less
silence
more
safety**



Easy Read

Less Silence means More Safety



'Less Silence More Safety' is a project run by HCSCC.



HCSCC is the Health and Community Services Complaints Commissioner.

'Less Silence More Safety' is for:



- People with disability



- Family and friends of people with disability



- Disability support workers and organisations.



'Less Silence More Safety' is free.

What 'Less Silence More Safety' staff do



'Less Silence More Safety' staff know a lot about health and community services.



They do two main things.

1

‘Less Silence More Safety’ staff talk with people



‘Less Silence More Safety’ staff talk with people about health and community services.



They talk with people with disability about your rights and staying safe



They talk with the people who support you about how you can stay safe



‘Less Silence More Safety’ staff can come to talk with you or your group.

2

‘Less Silence More Safety’ staff listen to people



‘Less Silence More Safety’ staff listen to people who want to talk about health and community services.



- They collect stories from people with disability about problems they have had with health and community services



- They use those stories to train health and community services and help them to do better.

About health and community services



Everyone uses health and community services.

Health services help people look after their health

Examples are:



- Doctors



- Physiotherapists



- Massage therapists.

Community services help people live in their community.
Examples are:



- Disability accommodation services



- Community buses.



If you are not sure if the help you use is a health or community service, 'Less Silence More Safety' can help you find out.

You can get health and community services from:



- the government



- a community group



- a person.

Rules for health and community services

Health and community services must



- Be accessible
- Be safe
- Be good quality
- Respect you
- Give you information in a way you can understand
- Listen to you when decisions are made about you
- Keep your private business private
- Help you give feedback about them.

Health and community services must not



- Hurt you
- Abuse you
- Ignore you
- Neglect you
- Silence you.

If there is a problem with a health or community service



Sometimes there is a problem with a service.



If you want some support, 'Less Silence More Safety' staff can help you.



They will listen to you.



They will not take sides.

Contact 'Less Silence More Safety'



You can call us on 8226 8726

If you live in the country, call us on 1800 232 007.

Do not use a mobile to call this number.

If you use the National Relay Service, call us on 133 677



Email us at: info@hcscs.sa.gov.au



Write to us at:

HCSCC

PO Box 199

Rundle Mall SA 5000



Website:

You can fill out a complaint form at www.hcscs.sa.gov.au

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Attribute to: *Health and Community Services Complaints Commissioner, South Australia*

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