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Kirby Institute



Holding students with disability when they get a vaccine



Easy Read

www.kirby.unsw.edu.au

About this information



This information is about holding students with disability when they get a **vaccine**.



Vaccines are medicines that stop you and your family from getting sick.



You get vaccines with a needle.



We got this information from a study we did at **special schools** in NSW.



Special schools are schools where only students with disability go to.



Many students get their vaccines there.



Sometimes when a young person gets a vaccine someone needs to hold them.



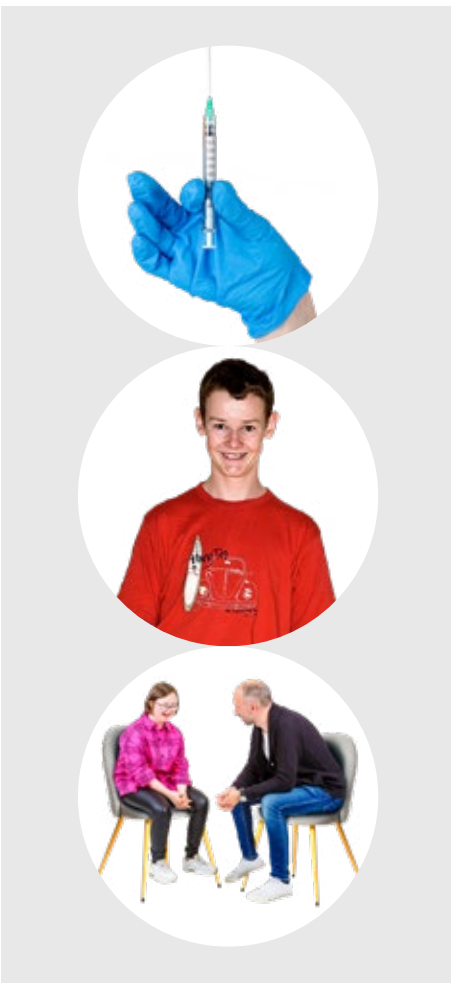
This is to keep the student safe while they get the vaccine.



When someone holds the student it is called a **restrictive practice**.



It is important that the young person feels ok about it and it is done the right way.



If it is done the right way it can help the young person

- Not get hurt from the needle
- Feel less scared and stressed
- Feel supported.



If it is done the wrong way it means the young person did not get the respect they should.

It can make them



- Not trust people like teachers and nurses



- Scared to ask for help with their health in the future.

What students say



Students say they want to be touched in a way that

- Supports them
- Makes them feel less scared.



This is called a **comforting hold**.



Some students like to hold hands with the person.



Other students want a hug.

What parents say



Parents say their children need to be held when they get a vaccine.



But it should not be in such a strong way that it hurts the child.



Parents say a comforting hold is a good idea but they do not understand what it is.

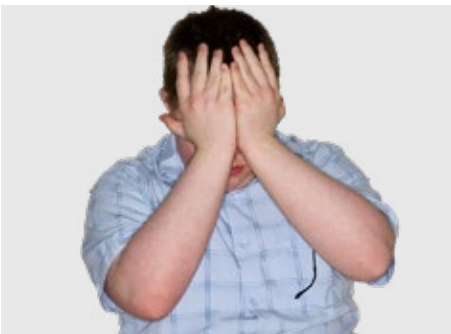
What nurses and special schools say



Nurses and teachers say most students in special schools need a comforting hold.



This is to give them the vaccine in a safe way.



They say there are some students who are very scared of needles.



These students may

- Get very upset
- Not want to listen
- Leave the room.



They say these students might need more support to get a vaccine.



This could be to

- Take them to get special care
- Give them medication to calm them.



Some people find it hard to know when holding is ok or not ok.



Holding students in a very strong way is not ok.

What the government says



The government has **policies** about holding students when they get a vaccine.



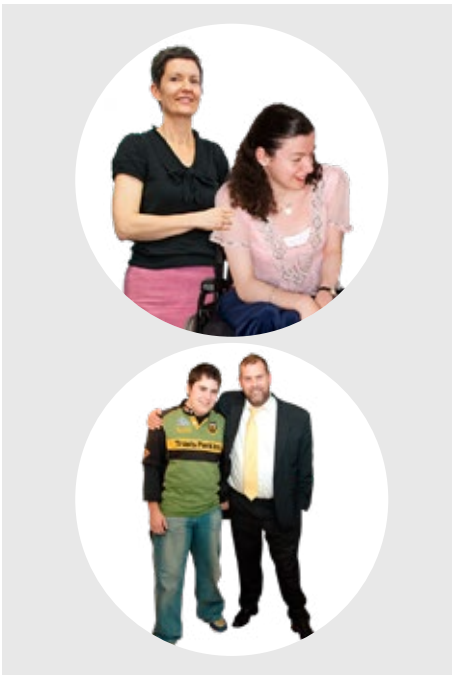
Policies are rules all government workers must follow.



The **NSW Health** policy says nurses can not hold students when they get a vaccine.



NSW Health is the part of the government that looks after peoples health.



Nurses let school staff choose if

- The student needs to be held
- The parents need to be there.



Sometimes students have been held by school staff or parents to get a vaccine.

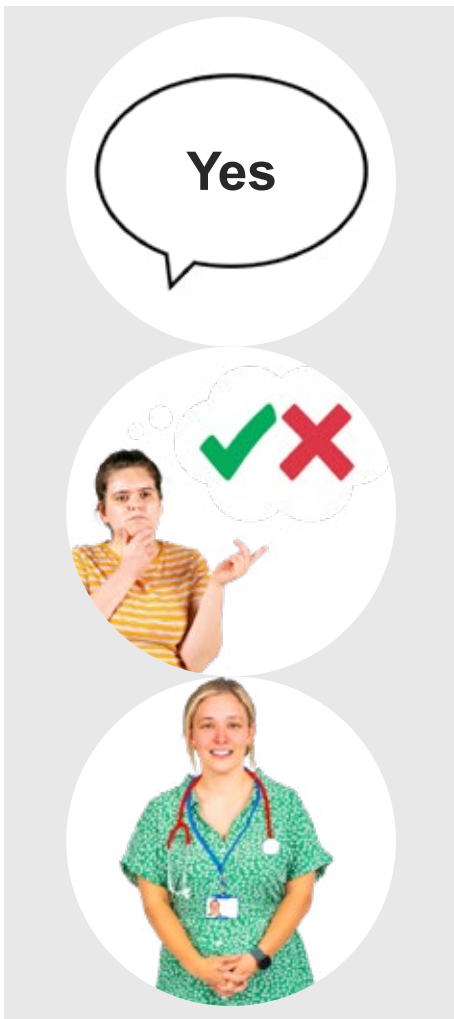


The **NSW Department of Education** has a policy about holding students.



**Department
of Education**

The **NSW Department of Education** is part of the government and looks after public schools.

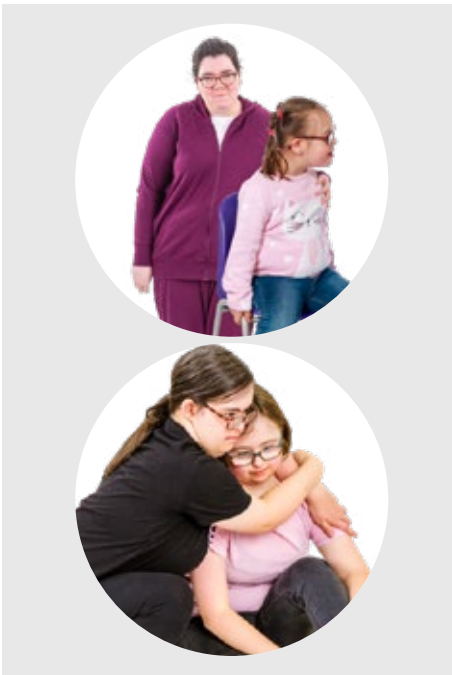


The policy says you can only hold students if

- The parents say yes
- The student has been asked how they feel about it
- The students doctor said it is ok.



This policy is not easy to understand for lots of people.



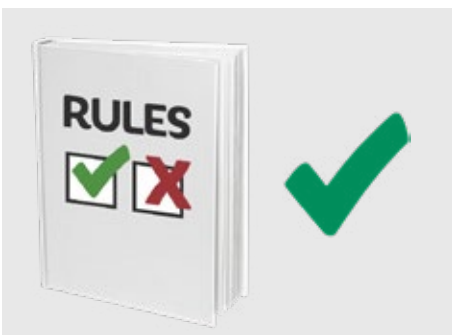
Nurses, school staff and parents do not know

- If they can hold a student

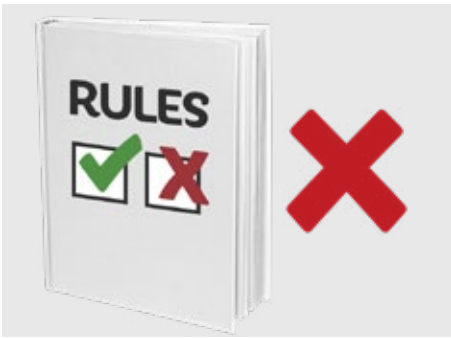
- How they can hold a student.



This policy is new and people do not know if they already need to follow the rules.



This means some schools follow the rules and do not hold students at all.



Other schools do not follow the rules and keep holding students.



The new policy has made special schools and nurses stressed.



Some people think it will mean that less students get vaccines.

More information



For more information contact Lexie Young from the Kirby Institute.



You can send her an email at **ayoung@kirby.unsw.edu.au**

Council for Intellectual Disability made this document Easy Read. **CID** for short. You need to ask CID if you want to use any pictures in this document. You can contact CID at **business@cid.org.au**.