



Factsheet - Trauma-Informed Practice

Disability Services and Inclusion Bill 2023

Under the *Disability Services and Inclusion Act 2023* (the DSI Act), Service providers must meet the needs of people with disability. This includes those who have, or are experiencing, compound disadvantage, including experiences of intergenerational, past, and current trauma.

Trauma-informed practice recognises the widespread impacts of trauma. It seeks to integrate knowledge about the impacts of trauma into practice. Trauma-informed practice also seeks to avoid re-traumatisation.

This fact sheet outlines principles for trauma-informed practice. It also suggests more resources for providers who would like further information.

Trauma-Informed Principles

The trauma-informed principles aim to support service providers and their staff to engage with people with disability, their families and carers in a way that ensures they feel safe, heard and understood.

- **Safety:** Prioritise the physical and emotional safety of people with disability. Acknowledge and validate their experiences and feelings.
- **Trustworthiness:** Operate in a transparent way to build and maintain trust with people with disability, their families and carers.
- **Choice:** Support people with disability to make informed decisions and have choices.
- **Collaboration:** Work with people with disability, their families and carers to achieve outcomes. This includes sharing power.
- **Empowerment:** Seek preferences from people with disability. Honour their capacity to make decisions.
- **Respect for Diversity:** Be attuned to individuals. This includes embracing differences in race, culture, religion, gender identity, sexual orientations and geography.

Further Resources:

If you would like further information, please visit the following links:

- [Fact Sheets | Blue Knot](#)
- [Guidelines for Trauma Informed Practice: Supporting People with Disability who have experienced Complex Trauma | Blue Knot](#)
- [What is Trauma-Informed Care? | Trauma-Informed Care Implementation Resource Center](#)
- [Disability Sector Strengthening Plan | Closing the Gap](#)
- [Australia's Disability Strategy 2021- 2031 | Disability Gateway](#)
- [Trauma-Informed & Culturally Safe Care & Practice | National Justice Project](#)
- [Disability Services and Inclusion Act 2023 | Department of Social Services, Australian Government \(dss.gov.au\)](#)