



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

After your private session



**A more inclusive,
just society**

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Thank you

Thank you for sharing your experience with the Royal Commission.

Listening to people's experiences in a private session is an important way for the Commissioners to learn more about violence, abuse, neglect and exploitation of people with disability.

It will help us to develop recommendations to improve laws, policies and procedures so that people with disability can enjoy their full human rights.

We know that sharing your experience may not have been easy but we are very grateful that you did so.

Thank you.

Message to Australia

Do you have a message that you would like us to share with all Australians?

People who have attended a private session or provided a submission about their experiences to the Royal Commission are invited to send a message to Australia.

Your message can:

- tell other Australians about your experience
- share your hopes for making the future better for all people with disability.

If you would like to send us a message, all you need to do is fill out the enclosed piece of paper. A stamped, addressed envelope is enclosed for you to send your message to us.

The Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability will share these messages with all Australians.

Please remember

- Don't include your or any other person's name, address or other personal information
- Don't include swear words

My Message to Australia

After your private session

Your reactions after sharing your experience

People can feel many different emotions after sharing their experience with the Royal Commission.

If you experience difficult emotions after sharing your experience with us, you may find the following tips helpful:

- Know that these feelings are to be expected.
- Talk to someone you trust, even if you don't feel like it.
- Be kind to yourself – do things that are self-nurturing.
- Honour your survival and challenge negative thoughts that you may be having.
- Safely express feelings by doing things like crying, exercise, talking and writing.
- If you feel overwhelmed, call crisis and support services.

After you have shared your experience with the Royal Commission you will be contacted by one of our counsellors.

They can discuss with you any of the reactions you have had to sharing your experience, and if needed, put you in touch with services that can provide more support to you. These may include counselling and legal services.

What will happen to the information I provided to the Royal Commission?

Your experience is important.

Hearing from people with disability, families, support people and the broader community helps the Royal Commission understand the nature, extent and impact of violence, abuse, neglect and exploitation of people with disability and how it can be prevented in the future.

Sharing your experiences with us will help us to:

- identify the extent of the problem
- understand more about the systems and contexts in which abuse is more likely to occur
- develop an understanding of the impacts on people with disability, their families, support people and our community
- gather information relevant to our investigations and research programs
- hear different views.

The Royal Commission may use some of your information in our reports and recommendations. Your information will be “de-identified”, which means that your identity and anything that would reveal your identity, will not be used in our reports or recommendations.

Will my information be used in a public hearing?

Decisions about whether your information might be useful for a public hearing, or whether the institution you talked about should be investigated further by the Royal Commission, are not usually made until after the private session is finished.

If it is later decided that your information might be useful for an investigation or public hearing, you might be contacted by a Royal Commission officer to discuss whether or not you are willing to give evidence at a hearing.

Thank you again for speaking with us.

Contact us

Phone

1800 517 199 (9am-6pm AEDT Monday to Friday excluding national public holidays.)

If you are deaf or have a hearing or speech impairment, call the National Relay Service on 133 677 and tell them you want to call 07 3734 1900.

To call us in a language other than English call the free Translating and Interpreting Service (TIS National) on 131 450 and tell them you want to call 1800 517 199.

Postal address

GPO Box 1422, Brisbane, Qld 4001.

Email and website

DRCEnquiries@royalcommission.gov.au

www.disability.royalcommission.gov.au

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