

- If things go wrong, telephone the emergency line straight away.
- Seek permission to participate in an approved community program as voluntary work is not approved.
- Seek permission to change address through the normal process.

### Reducing uncertainty about the future

Home D can be viewed a catalyst to a turning point in your life. You can think about making new lifestyle choices such as study, work, building family relationships, and networking with new people. With careful planning, you can make the most of the opportunity. **The future starts now.**

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*Coming to Seeds of Affinity during Home D was (and still is) a lifesaver. I really liked the sense of belonging, acceptance and opportunity to share my experiences. It opened many doors including learning new skills and thinking about university study.*

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### Finally

It is important to remember that Home D. is a contract you have entered into with Community Corrections. In doing so, you have given your word to follow all of the rules set down for you. Failure to do so means a high likelihood you will go into prison. Remember, you are still serving a prison sentence – you have just been given the privilege of completing it at home.

Although days can be long, planning; building a relationship with your case worker and following the rules are the keys to making it through. Like the authors of this brochure, you **CAN** survive Home D. and make the most of the experience.

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*Stick to the rules, stay positive and stay OUT!*

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### For more information:

**Contact: Seeds of Affinity (08) 8242 7210**

*Seeds of Affinity meet at the Semaphore Uniting Church, Exeter on Tuesdays and Fridays. All women welcome.*

### Accommodation services

Life without barriers  
 Unity Housing  
 Benevolent Society

### Mental Health

Beyond Blue  
 Drug and Alcohol



# Surviving Home Detention

*This brochure was written by the women of Seeds of Affinity who have recent successful experience serving bail and Home Detention (Home D) as part of a sentence. It is written for women but is also useful for families, friends and support alliances (services).*

*This guide is to help you understand some things about Home D so:*

- *You know what to expect when you are on Home D*
- *You can make the most of this challenging experience*

## What is Home D?

Home Detention is a way to serve a prison sentence outside of the confines of a prison facility. The advantage of Home D, is that it enables a woman to have more regular contact with family; work and study. Women on Home D must follow all directions carefully or risk being sent back to prison.

It is regarded as a 'contract' where you give your word to follow all of the rules set for you and it is regarded as a privilege.

Home D comes with strict conditions and is not without its challenges. However, with some careful planning, women on Home D can effectively and productively make the most of their experience.

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*Home D is much more conducive to improving your future than sitting in a jail cell. Home D encourages women to take responsibility for their behaviour and their lives.*

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## The Home D experience – what to expect

The Home D experience is different for everyone, and depends on the relationship you have with your case officer and support you have from family and friends. However, here are some of the experiences reported by women who are on Home D. These include:

- A sense of frustration and boredom
- Sense of uncertainty about the future
- A sense of isolation.

A woman on Home D, is required to negotiate time spent away from home (on Home D, 'passes') with her case worker.

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*Home D gives you the opportunity to build up the relationships and bonds you have in your family - especially with your children.*

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## Surviving boredom

Boredom is widely regarded one of the biggest challenges to surviving Home D.

Not only is it soul destroying, it can lead to a temptation to break the rules. It can be heightened if you experience depression or anxiety, or if you have a drug problem. It is very important for you to stay in touch with your GP. There must be a medical reason supported by your GP if seeking a pass for daily exercise. If working or involved in other activities you may not be eligible for an exercise pass but it is important to negotiate this with your case officer. Working, studying and/or participating in a recognised community program are excellent ways to get through the day (coming to Seeds of Affinity is a great way of getting support during Home D.

Having structure, routine and discipline in your life will help to alleviate boredom and reduce the sense of uncertainty. Be thankful for the small things and try not to focus on the things which are difficult.

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*Get involved. Get onto the Internet. Find a group. Make a contribution. Good for you and good for the community.*

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## How to make the most of Home D

By carefully following some rules, and planning your days, you can make the most of the experience.

## Home D Etiquette

As frustrating as Home D can be for some, it is important for your wellbeing to be mindful of the following:

- Follow all directions set by your Case Officer.
- Maintain a good relationship with your case worker. Be polite and keep communication open and constructive. Your case worker is there to help you.
- Make sure you are honest, open and thorough when

providing details about your appointments.

- If you are having difficulties with drugs or alcohol, speak with your Case Officer - they will get you the assistance you need to get you through.

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*I can't stress enough, the importance of making sure you follow - and understand - the rules. If in doubt ring your case officer.*

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## Planning for success

Being well organised is one of the key tips for success. Think **one week ahead**. Here are some practical tips:

- Make sure you keep a diary to record all of your passes so that you can plan your week ahead.
- Verify dates and times with your officer should a dispute arise.
- Verify - and do not deviate from - the travel route stipulated.
- Ask for a realistic timeframe to travel to and from your destination (it is good to aim to be five minutes prior to the time you have specified).
- Make sure you always have credit on your phone so you can contact the emergency line in the case of emergency,
- Stipulate your departure and return times.
- Set your watch to the home monitoring box - home detention box.
- Use the Home monitoring box for confirming times - not your watch or mobile phone.
- If you know there is a special event coming up, make a request in writing. Special passes need to be completed a week beforehand. Some special events may be approved, while others won't.
- **Be honest** about where you are going.