

Restrictive Practices



This document is to support you in identifying restrictive practices, and to help you understand the rules about how, when and why they might be used.



Restrictive practices are measures we take to help keep you and other people safe. Sometimes we may need to stop you doing things that might hurt you or someone else.



We **MUST** have permission to use a restrictive practice. This is determined by the Restricted Practice Authorisation Panel – a group of specialists who are trained to make safe and reasonable decisions which protect you.



Approved restrictive practices must be formalized in your Behaviour or Care Plan so that everyone in your support network knows how to best support you in times of need.



Approved practices include:

Medicine which will help prevent you from becoming upset or too excited.



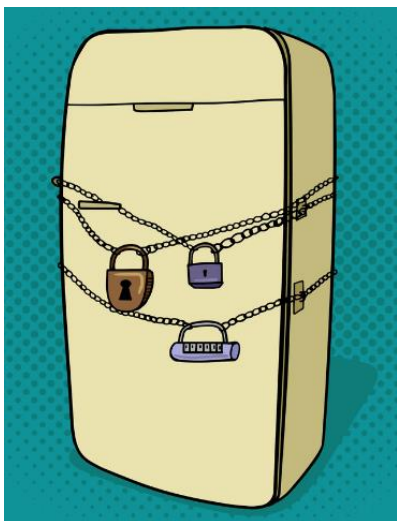
Time out, which is used to give you some time alone when you are feeling upset or at times when lots of noise from other people becomes overwhelming.



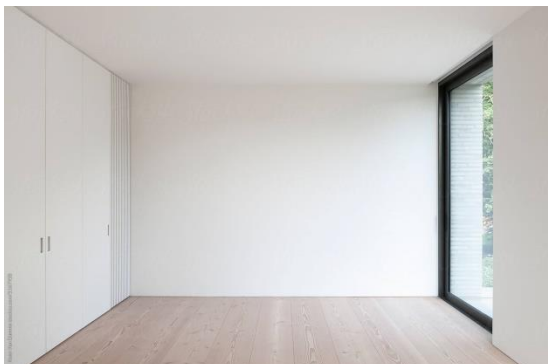
Restraint is when we need to prevent you from moving so that you can't hurt yourself or someone else.



Response cost is when something is taken away from you when you become upset or if you hurt yourself or someone else. This might mean missing out on TV for a few hours.



Restricted access is when cupboards or the fridge is locked so you are unable to take food or other items out.



Seclusion is when you are located in a room on your own so that you are unable to hurt yourself or anyone else. This is not a form of punishment and is not allowed for anyone under 18 years of age.



We regularly review Behaviour and Care Plans to ensure you are receiving the very best care and services, and to ensure we are compliant with current industry standards and codes of practice.