



UNDERSTANDING AND IDENTIFYING RESTRICTIVE PRACTICES

It is your responsibility as a support worker to understand and report any concerns or incidents that may involve the use of a restrictive practice when providing supports or services to people with disability

What is a restrictive practice?

A restrictive practice is “any intervention or practice that has the effect of restricting the rights or freedom of movement of a person with a disability”.

There are 5 categories of restrictive practices which are regulated:

1. **Seclusion:** The person with disability is made to stay in a room or physical space at any hour of the day or night where it is clearly implied that they are not allowed or able to leave of their own accord.
2. **Chemical Restraint:** The use of medications that have a sedative or calming effect on a person’s behaviour or movement. It does not include the use of medication that is prescribed by a doctor for the treatment of a diagnosed mental or physical illness or condition.
3. **Physical Restraint:** The use of physical force to prevent, restrict or subdue movement of any part of a person’s body for the primary purpose of influencing a person’s behaviour.
4. **Mechanical Restraint:** The use of a device to prevent, restrict or subdue a person’s movement, or to control a person’s behaviour. This does not include the use of devices for therapeutic purposes.
5. **Environmental restraint:** Restrictions in place that limit the persons free access to all parts of their environment, including personal belonging, household items, food or drink.

It is important to understand regulated restrictive practices are only used as a last resort to safeguard an individual where they place others or themselves at risk of harm through their behaviour.

The use of any regulated restrictive practices must be included in a person’s authorised Behaviour Support Plan.

What to do if you are concerned a restrictive practice is being used without authorisation?

If any of the above practices are identified as being used in the absence of an authorised Behaviour Support Plan, then these must be immediately reported to your Coordinator via phone and followed up in Consumer Incident Report Form.

If you are ever IN DOUBT, just ask. If you see something, say something.

One2One must notify the NDIS Commission about the use of any unauthorised restrictive practice in connection with the NDIS supports or services we deliver.

The 5 categories of Regulated Restrictive Practices are:

- Seclusion,
- Chemical restraint,
- Physical restraint,
- Mechanical restraint,
- Environmental restraint.

If you are concerned any of these practices are occurring or have occurred, you must report to your Coordinator immediately.

Responding to the use of unauthorised Restrictive Practices on behalf of One2One is Rebecca Gotti:

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