

	<b>ONE2ONE POLICY</b>			
	<b>Title</b>	Use of Regulated Restrictive Practices	<b>Policy No</b>	12
	<b>Indicator</b>	CM1 – Rights and Responsibilities	<b>Review Date</b>	7/11/23

## 1. PURPOSE AND SCOPE

The purpose of this policy is to establish standards of practice that recognise and respect that all people involved with One2One have the same rights to safety, bodily integrity, and freedom from violence and abuse, as other people in the community.

The policy is written in accordance with:

- Australian Human Rights and Equal Opportunity Commission Act (1986)
- NDIS Quality and Safeguards Commission (Restrictive Practices and Behaviour Support Rules 2018)

This policy has been framed around the NDIS Practice Standards and applies to all One2One’s supports and services.

## 2. POLICY STATEMENT

Our organisation strives to design individualised services that meet the unique needs of the consumer. One2One recognise that in certain circumstances, authorised restrictive practices may be used to safeguard a consumer. One2One will work closely with a consumer and NDIS approved Behaviour Support Practitioner to reduce and eliminate the use of an authorised restrictive practice within an agreed timeframe.

One2One is committed to ensuring that consumers who may exhibit behaviours of concern are supported in ways that safeguards themselves and others.

One2One acknowledge and adhere to the principles that an authorised restrictive practice must be:

- Used as a last resort,
- Be the least restrictive response,
- Reduce the risk of harm,
- Proportional to the risk, and
- Be time limited.

One2One will work closely with staff, consumers and their families to identify cases where an unauthorised restrictive practice may be in use and follow the appropriate guidelines to reporting such incidents.

## 3. POLICY DEFINITIONS

**Restrictive practices** are any intervention or practice that has the effect of restricting the rights or freedom of movement of a person with disability. This includes seclusion, chemical restraint, physical restraint, mechanical restraint, and environmental restraint.

- **Seclusion** means the sole confinement of a person with disability in a room or physical space at any hour of the day or night where voluntary exit is prevented, implied, or not facilitated.
- **Chemical restraint** is the use of medication or chemical substance for the primary purpose of influencing a person’s behaviour or movement. It does not include the use of medication

prescribed by a medical practitioner for the treatment of, or to enable treatment, of a diagnosed mental disorder, a physical illness or physical condition.

- **Physical restraint** is the use or action of physical force to prevent, restrict or subdue movement of a person's body, or part of their body, for the primary purpose of influencing a person's behaviour.
- **Mechanical restraint** is 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.
- **Environmental restraint** are restrictions in place that limit the person's free access to all parts of their environment.

**Informed consent** refers to permission granted in full knowledge of the possible consequences, with knowledge of the possible risks and benefits.

To provide informed consent an individual should:

- be provided with appropriate and adequate information; in appropriate ways depending on the individual's needs and/or disability.
- be capable of, or supported to understand the nature of the information and the consequences of a decision made in relation to this information; and
- freely decide for him, or herself, without unfair pressure or influence from others.

What the consent applies to must be very clear. Care should be taken to avoid assumptions that consent provides a blanket approval or that consent on one occasion or about one event implies consent for future decisions, occasions, or events. The individual should be informed that they have the right to change/retract their consent at any time.

**Behaviour Support Plan** is an individual/behaviour support plan which is developed for a person with a disability and/or mental health illness which specifies a range of strategies to be used in supporting the person's behaviour, including proactive strategies to build the person's strengths and increase their opportunities for community participation and life skills. The plan is developed by an approved NDIS Behaviour Support Practitioner.

#### 4. POLICY CONTENT

To meet its obligations under the NDIS Quality and Safeguards Commission around the use of authorised restrictive practices, One2One will:

- develop supports and services that uphold human rights and the wellbeing, inclusion, safety, quality of life and substantive equality for people with disability
- have policies, procedures and tools in place to safeguard the rights of people with disability and to identify and monitor the use of restrictive practices
- ensure that services are individualised, proactive and enhance the quality of life for the person
- adopt practices that recognise and support the person's authority in decision-making, choice and control, and informed consent
- ensure necessary supports are put in place to help people with disability communicate their wishes
- facilitate the person's engagement with family, carers, other friends and advocates who know them well to support discussion around the needs and wishes of the person with a disability

- recognise the importance of understanding the nature and function of a person's behaviour to minimise the use of restrictive practices, and will seek guidance from an NDIS approved Behaviour Support Practitioner when required
- engage with a Specialist Behaviour Support Practitioner to develop Positive Behaviour Support Plans as required
- convene, and develop related policy and procedures for, a Quality Assurance Panel to oversee the authorisation of regulated restrictive practices that will include a member of One2One's senior management team and an approved NDIS Behaviour Support Practitioner
- appoint a designated Restrictive Practices Manager who will oversee One2One's restrictive practices register and Quality Assurance Panel and manage related NDIS Quality and Safeguard's Commission reporting requirements.

## 5. RELATED DOCUMENTS

- Authorise Regulated Restrictive Practices Procedures
- Restrictive Practices Register
- One2One Continuous Improvement policy and register
- One2One Duty of Care policy
- One2One Freedom from Abuse and Neglect policy
- One2One Incident Management policy, procedures, and register
- One2One Positive Behaviour Support policy
- One2One Safeguarding risk policy
- One2One Risk Management policy and register

## 6. POLICY REVIEW

This policy will be reviewed on a two-yearly basis. However, if at any time the legislative, policy or funding environment is so altered that the policy is no longer appropriate in its current form, the policy will be reviewed immediately and amended accordingly.

Authorised: Director – One2One