

What is a Restrictive Practice



Easy Read

What is a Restrictive Practice



A restrictive practice takes away your right to move freely.



Restrictive practices are used when your behaviour is unsafe and you

- hurt yourself
- hurt other people
- break things when you are angry
- run away

This is called behaviour of concern.

Restrictive practices are used when nothing else works to stop you having a behaviour of concern.

Restrictive Practice Panel

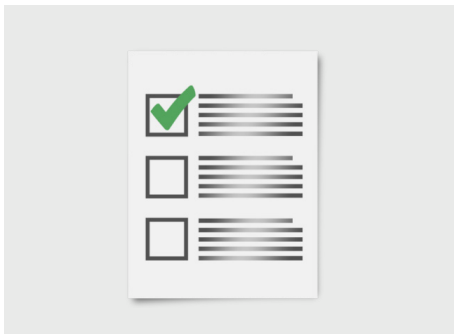


There is a meeting called a Restrictive Practice panel meeting.

Sometimes this is called the panel for short.

The people on the panel are

- managers from your service provider
- a psychologist



The people who work with you must show the panel why you need the restrictive practice.

The panel talks about your behaviour of concern.

They say yes if you need a restrictive practice.

This is called Authorisation

No one can have a restrictive practice unless the panel say yes.

Types of Restrictive Practice



Seclusion is when you are put in a room alone to have time out.

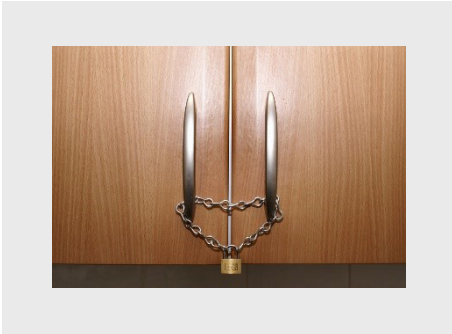


Chemical restraint is when you are given medication to stop your behaviour of concern.



Physical restraint is when someone holds you so you cannot move away.

Types of Restrictive Practice



Environmental restraint is when you cannot move about freely.

This could be locked doors in your house to stop you going outside.

There may be a locked cupboard to stop you getting food.



Mechanical restraint is when you cannot move around freely.

This could be wearing a suit that stops you from touching parts of your body.

Behavior Support Plan



Sometimes people have behaviours of concern when something is wrong.

You might be

- sick
- scared
- upset

Support workers must work with you to know why you have behaviours of concern.

They must help you stop having behaviours of concern.

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There must be a plan about what support you need.

This is called a Behaviour Support Plan.

The behaviour support plan has ways to help you behave in a safer way.

Support workers must be trained to use your plan.

Your rights with Restrictive Practice

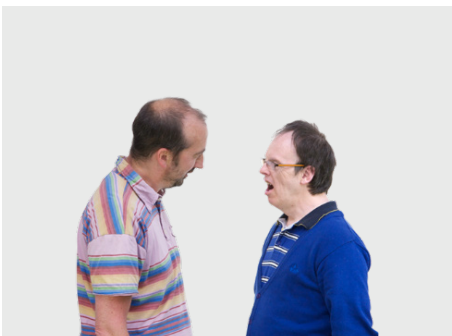


Restrictive practices must not be forever.

The panel will talk about your restrictive practice every 3 months.

The panel will make sure you are getting the support you need to stop having behaviours of concern.

When you stop having behaviours of concern the restrictive practice must end.



You have the right to speak up about your restrictive practice.

You can talk to

- someone you trust
- your support workers
- the manager at your service



CID have an Info Service you can contact if you need help to understand this fact sheet.

 Phone **1800 424 065** or

 Email **info@nswcid.org.au**

Our Info Service is part of our Inclusion Point project funded through an NDIS Information, Linkages and Capacity Building (ILC) grant.

This fact sheet was made easy to read CID.