

Procedure: Restrictive Practice
Version: Easy Read
Date: October 2020



This procedure tells you the steps you need to take to **feel safe and understood**.

Word List

Restrictive Practice	Something that is used to keep you and others safe, but takes away your rights or freedom to move. <i>Examples given below.</i>
Restraint	Something put in place to stop you from doing something.
Restrictive Practice Quality Assurance Panel	A group of people who talk about the restrictive practice, assess the situation and decide if the restrictive practice can be used or not.
Positive Behaviour Support (PBS) Practitioner	Someone who is trained to provide support for challenging behaviours.
Employee	Anyone who works for Ability WA.



What is a restrictive practice?

A restrictive practice is something that is used to keep you and others safe, but takes away your rights or freedom of

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movement.

Types of restrictive practices include:



1. **Physical** restraint

The use of a physical force to stop your movement that may be causing harm.



2. **Environmental** restraint

Stopping you from going somewhere, having something or participating in an activity, that may cause harm.



3. **Mechanical** restraint

Use of a device to stop movement that may be causing harm.



4. **Chemical** restraint

Use of medication used to affect your mind, emotions or behaviour.



5. **Seclusion**

Keeping you in a safe place away from others to stop harm.

When is a restrictive practice used?

A restrictive practice is used when there is a **behaviour of concern** such as:

- Hurting yourself or others.
- Putting yourself or others in danger.
- Running away.



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- Breaking furniture.



The restrictive practice is used to stop you from hurting yourself or others.



These behaviours are often seen when a person is in pain, hurt or upset, or does not feel understood.



What does this mean for you?

Ability WA employees will help you learn skills to reduce or stop your behaviour of concern. If none of these skills work, a restrictive practice *might* be used.

Any restrictive practice will be:

- The least restrictive response.
- Used as a **last** choice.
- Used only to reduce or stop harm.
- Used for the shortest time possible.



This procedure is for you and employees of Ability WA.

Procedure for allowing and setting up a restrictive practice:



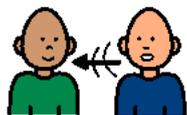
1 An Ability WA employee sees a behaviour of concern and the need for a restrictive practice.



2 Manager or Positive Behaviour

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Support (PBS) Practitioner is told.



3 Your PBS Practitioner will work with you and your team to look at the best ways to support you, which might include a restrictive practice.



4 Consent/permission will be needed to let the restrictive practice happen. You or your guardian may give written consent.



5 There will be a meeting to decide if the restrictive practice can be used. This will be done with Ability WA's restrictive practice quality assurance panel.



6 All restrictive practices are checked often to see if it does not need to be used into the future.



If you need more information, you can contact our 'Quality Governance' team on 1300 106 106 or email: quality.governance@abilitywa.com.au.



We will review this procedure before October 2021.

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