Restrictive Practice

This document explains restrictive practices and your rights.

What is a restrictive practice?

A restrictive practice is used to keep you and others safe.
But it limits your rights or stops you from moving freely.

Types of restrictive practices include:

1. Physical restraint
Someone uses force to stop you from moving in a way that could hurt you or someone else.

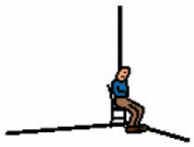
2. Environmental restraint
You are stopped from going somewhere, having something or joining an activity that could hurt you or someone else.

3. Mechanical restraint

Equipment is used to stop you from moving in a way that could hurt you or someone else.

4. Chemical restraint

Medicine is used to change your thoughts, feelings 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 your actions could cause harm. For example:

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

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

People often act this way when they are in pain, hurt or upset, or feel that others do not understand them.

What does this mean for you?

Ability WA staff will help you learn skills to reduce or stop actions that could cause harm. If these skills do not work, a restrictive practice might be used.

Any restrictive practice will be:

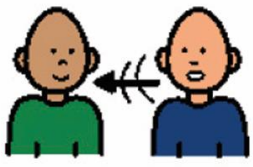
- The option that limits your freedom the least.
- Used only when other ways have not worked.
- Used only to reduce or stop harm.
- Used for the shortest time possible.

This document is for you and Ability WA staff.

Procedure for allowing and setting up a restrictive practice

1. An Ability WA staff member sees actions that could cause harm. They think a restrictive practice is needed.

2. They tell a manager or a Positive Behaviour Support (PBS) Practitioner. A PBS Practitioner helps you with your behaviour.



3. Your PBS Practitioner works with you and your team to find the best ways to support you. This might include a restrictive practice.

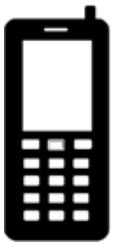
4. Permission is needed to use the restrictive practice. You or your guardian may give permission in writing. This is called written consent.

5. A group at Ability WA meets to decide if the restrictive practice can be used. This group is called the restrictive practice quality assurance panel.

6. All restrictive practices are checked often to see if they are still needed.

To find out more, ask our Quality Governance team. Call 1300 106 106 or email: quality.governance@abilitywa.com.au

Contact Us



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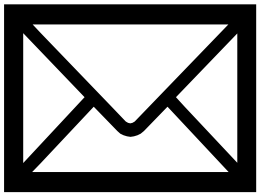

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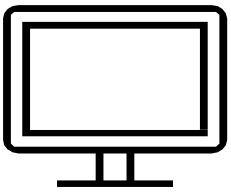

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