



Home Care Safety with Restrictive Practices Awareness

What is Restrictive Practices?

Restrictive practices is the practice, device or action that interferes with your ability to make a decision or restricts your free movement.

A restraint free approach is a basic human right for all aged care customers, as the use of restraints could infringe on a person's right to freedom and dignity of choice.

What are the types of restrictive practices?

There are five types of restrictive practices, these are:

- chemical restraint
- mechanical restraint
- physical restraint
- environmental restraint
- seclusion

When is it okay to use restrictive practices?

It should be noted that restrictive practices must only be used as a last resort, after best practice behaviour supports have been applied, and should only be used in event of an emergency that protects you, or another person, from immediate harm.

If required, it must only be applied in the least restrictive form, and for the shortest period of time, following careful consideration of the impact on you.

Consent must be given by you or substitute decision maker before applying a restrictive practice, unless in an immediate emergency situation.

What is a Behaviour Support Plan?

A behaviour support plan forms part of an individual's care and services plan for those who have behaviours of concern or changed behaviours, or who has restrictive practices considered, applied or used as part of their care. Consent from you or your restrictive practices substitute decision-maker must be included.

Information included in the plan helps your aged care provider (that is us at Southcare) to understand the changed behaviours and background, including but not limited to:

- any assessments which have been carried out regarding those behaviours
- known triggers which may precede those behaviours
- alternative strategies which are known to be successful or unsuccessful in managing those behaviours
- any restrictive practices which are used or applied once alternative strategies have been tried

53 Bickley Crescent, Manning WA 6152
enquiries@southcare.org.au
6117 3029

www.southcare.org.au



Restrictive Practices Storyboard



Aged Care Quality and Safety Commission have developed a storyboard (over page) that helps to minimise restrictive practices. It illustrates:

- to understand and recognise what a restraint is (frame 1)
- how carers can think about a better way, to what they are doing now, that may be considered a restraint (frame 2)
- to consider how use of restraints can harm customers (frame 3)
- to minimise the use of restrictive practices (frame 4)

Minimising the Use of Restraint in Home Care

THIS IS RESTRAINT

IS IT RIGHT?

IS THERE A BETTER WAY?

CHEMICAL RESTRAINT

IS IT NEEDED?

PHYSICAL RESTRAINT

IS THERE A BETTER WAY?

THE IMPACT OF RESTRAINT

PRESSURE INJURIES

FALLS

FEELING LOCKED IN

BOREDOM

AGITATION

FEAR

ASSESS THE PERSON'S NEEDS, TRY TO FIND OUT WHAT IS WRONG

MEET THE PERSON'S PHYSICAL NEEDS AND INTERESTS

HELP THE PERSON TO COMMUNICATE, KEEP A REGULAR SCHEDULE AND PROVIDE MEANINGFUL ACTIVITY

Current as at 4th November 2020

