



Above
Beyond &

Disability Solutions

AABDS TRAINING

RESTRICTIVE PRACTICES

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OVERVIEW



- EXPLANATION OF RESTRICTIVE PRACTICES
- RECOGNISING RESTRICTIVE PRACTICES
- BRIEF OVERVIEW OF THE LEGAL ASPECTS
- WHAT TO DO IF YOU IDENTIFY A RESTRICTIVE PRACTICE

DISCLAIMER



- RESTRICTIVE PRACTICES IS COMPLICATED AREA
- PRESENTATION IS A BRIEF OVERVIEW
- LEGAL ASPECTS ARE VERY COMPLICATED ALSO
- ENCOURAGE ALL STAFF TO REACH OUT TO MARION OR CLAIRE FOR ADVICE/GUIDANCE IN THIS AREA

WHAT IS A RESTRICTIVE PRACTICE (RP)

- “ANY PRACTICE OR INTERVENTION THAT HAS THE EFFECT OF RESTRICTING THE RIGHTS OR FREEDOM OF MOVEMENT OF A PERSON WITH DISABILITY”
- IMPACT ON THE PERSON’S HUMAN RIGHTS
- COMMITMENT TO REDUCE AND ELIMINATE RPS IN AUSTRALIA - CONVENTION ON THE RIGHTS OF PEOPLE WITH DISABILITIES (CRPD)
- WHEN SUPPORTING ADULTS AND CHILDREN

TYPES OF RESTRICTIVE PRACTICES : NDIS

- **CHEMICAL RESTRAINT : BOTH ROUTINE AND PRN**
- **ENVIRONMENTAL RESTRAINT**
- **MECHANICAL RESTRAINT**
- **PHYSICAL RESTRAINT**
- **SECLUSION**

CHEMICAL RESTRAINT

- NDIS (RESTRICTIVE PRACTICES AND BEHAVIOUR SUPPORT) RULES 2018, SECTION 6, DEFINE CHEMICAL RESTRAINT AS:

‘THE USE OF MEDICATION OR CHEMICAL SUBSTANCE FOR THE PRIMARY PURPOSE OF INFLUENCING A PERSON’S BEHAVIOUR. 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 A PHYSICAL CONDITION’.

EXAMPLES OF CHEMICAL RESTRAINT



ENVIRONMENTAL RESTRAINT

- NDIS (RESTRICTIVE PRACTICES AND BEHAVIOUR SUPPORT) RULES 2018, SECTION 6, DEFINE ENVIRONMENTAL RESTRAINT AS A PRACTICE:

“WHICH RESTRICTS A PERSON’S FREE ACCESS TO ALL PARTS OF THEIR ENVIRONMENT, INCLUDING ITEMS OR ACTIVITIES”

EXAMPLES OF ENVIRONMENTAL RESTRAINT

EXAMPLES:

- THE FRONT DOOR BEING LOCKED, AND ONLY STAFF HAVE THE KEY.
- RESTRICTING ACCESS TO HOUSEHOLD ITEMS OR FOOD IN LOCKED CUPBOARDS OR FRIDGES.
- NOT BEING ABLE TO ACCESS YOUR OWN POSSESSIONS WITHOUT ASKING/GETTING PERMISSION.
- ROOMS THAT ARE LOCKED AND CAN'T BE ACCESSED WITHOUT ASKING/GETTING PERMISSION.
- NOT BEING ABLE TO ACCESS THE COMMUNITY.
- NOT BEING ABLE TO COME AND GO FREELY IN YOUR YARD.

EXAMPLES OF ENVIRONMENTAL RESTRAINT



MECHANICAL RESTRAINT

- NDIS (RESTRICTIVE PRACTICES AND BEHAVIOUR SUPPORT) RULES 2018, SECTION 6, DEFINE MECHANICAL RESTRAINT AS A PRACTICE:

“THE USE OF A DEVICE TO PREVENT, RESTRICT, OR SUBDUE A PERSON’S MOVEMENT FOR THE PRIMARY PURPOSE OF INFLUENCING A PERSON’S BEHAVIOUR BUT DOES NOT INCLUDE THE USE OF DEVICES FOR THERAPEUTIC OR NON-BEHAVIOURAL PURPOSES.”

EXAMPLES OF MECHANICAL RESTRAINT

- MECHANICAL RESTRAINT MIGHT LOOK LIKE:
 - CLOTHING WHICH LIMITS SOMEONE'S MOVEMENT AND WHICH THE PERSON CANNOT REMOVE.
 - VELCRO STRAPS AND BELTS.
 - SEATBELT LOCKS.
 - PUTTING ON A PERSON'S WHEELCHAIR BRAKES SO THEY CAN'T MOVE IF THEY WANT TO.
- MECHANICAL RESTRAINT IS THE USE OF A DEVICE TO LIMIT SOMEONE'S MOVEMENT OR CONTROL BEHAVIOUR. THE NDIS COMMISSION HAS IDENTIFIED DEVICES THAT CAUSE HARM TO A PERSON WITH DISABILITY CAN BE IDENTIFIED AS ABUSE AND BE AGAINST THE LAW. THIS INCLUDES BUT IS NOT LIMITED TO: HAND CUFFS IN ANY FORM; DEVICES THAT STOP A PERSON'S LEGS/FEET FROM MOVING; ROPES USED TO TIE HANDS OR OTHER BODY PARTS. ANY DEVICE INTENDED TO CAUSE HARM OR HURT A PERSON WITH DISABILITY IS CONSIDERED ABUSE, MUST BE STOPPED IMMEDIATELY AND REPORTED TO THE NDIS COMMISSION WITHIN 24 HOURS

EXAMPLES OF MECHANICAL RESTRAINT



PHYSICAL RESTRAINT

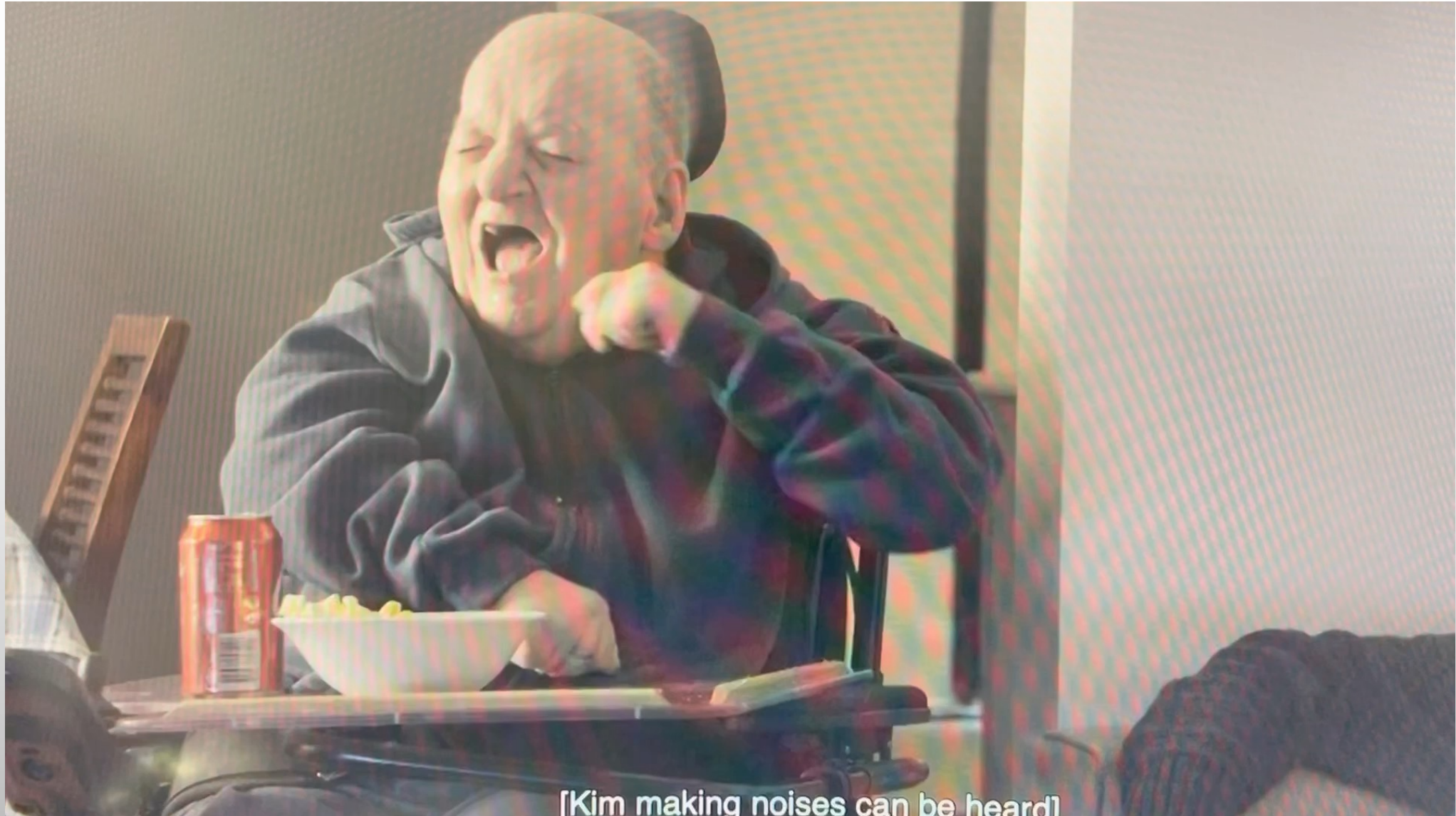
- NDIS (RESTRICTIVE PRACTICES AND BEHAVIOUR SUPPORT) RULES 2018, SECTION 6, DEFINE PHYSICAL RESTRAINT AS A PRACTICE:

“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 THEIR BEHAVIOUR. PHYSICAL RESTRAINT DOES NOT INCLUDE THE USE OF A HANDS-ON TECHNIQUE IN A REFLEXIVE WAY TO GUIDE OR REDIRECT A PERSON AWAY FROM POTENTIAL HARM/INJURY, CONSISTENT WITH WHAT COULD REASONABLY BE CONSIDERED THE EXERCISE OF CARE TOWARDS A PERSON”

EXAMPLES OF PHYSICAL RESTRAINT

- IT IS PHYSICAL RESTRAINT WHEN:
 - A PERSON'S HAND IS HELD DOWN TO PREVENT THEM FROM HITTING THEMSELVES.
 - TAKING SOMEONE'S ARM AND PULLING THEM IN A DIRECTION THEY DON'T WANT TO GO.
 - HOLDING DOWN A PART OF SOMEONE'S BODY TO ADDRESS A BEHAVIOUR OF CONCERN.
- SOME PHYSICAL RESTRAINTS ARE PROHIBITED PRACTICES, THEY MUST NEVER BE USED. THEY CAN CAUSE SERIOUS HARM OR DEATH. THE NDIS COMMISSION LISTS THE PROHIBITED PRACTICES IN THE REGULATED RESTRICTIVE PRACTICES GUIDE

EXAMPLES OF PHYSICAL RESTRAINT



[Kim making noises can be heard]

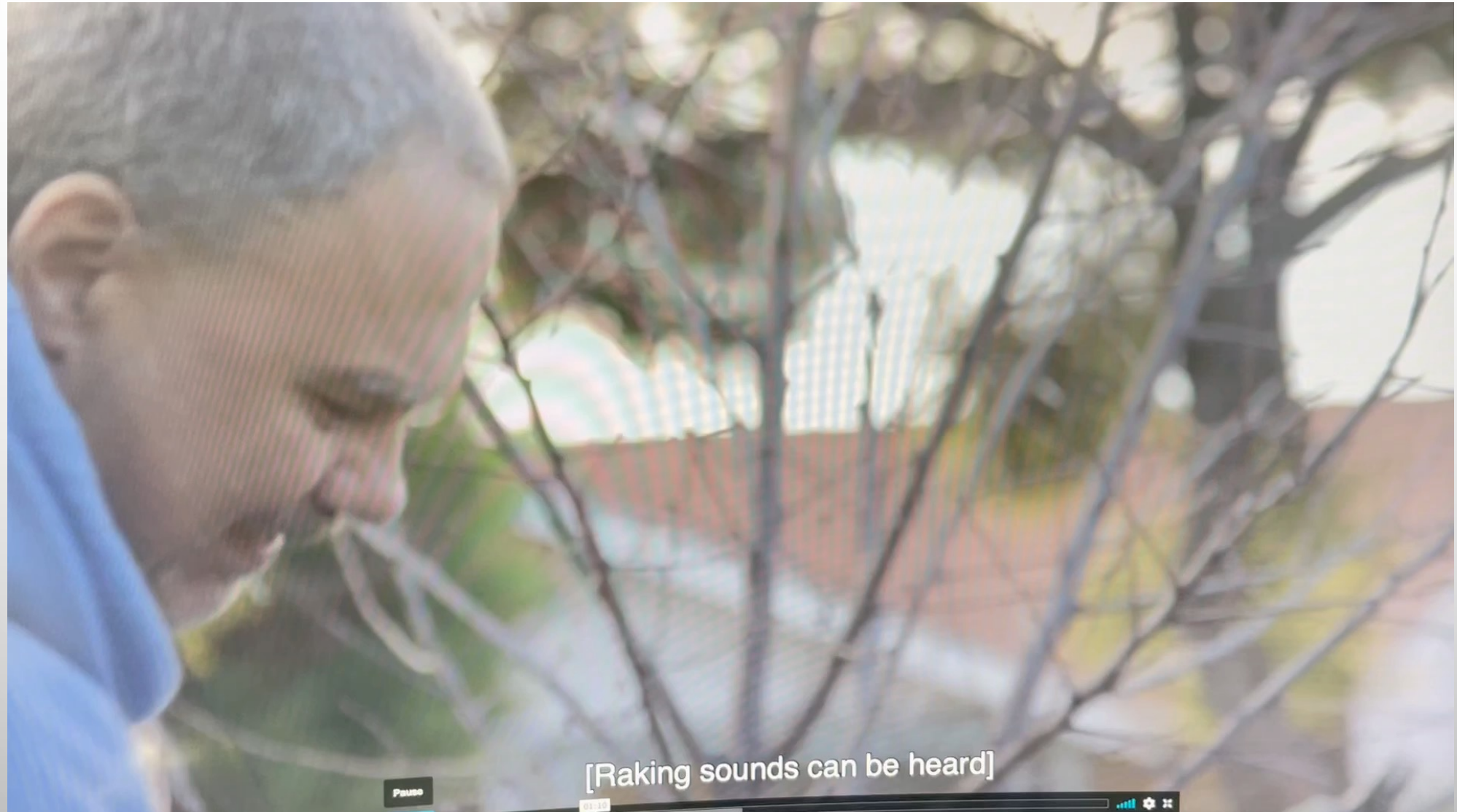
SECLUSION

- NDIS (RESTRICTIVE PRACTICES AND BEHAVIOUR SUPPORT) RULES 2018, SECTION 6, DEFINE SECLUSION AS THE:
“SOLE CONFINEMENT OF A PERSON WITH DISABILITY IN A ROOM OR A PHYSICAL SPACE AT ANY HOUR OF THE DAY OR NIGHT WHERE VOLUNTARY EXIT IS PREVENTED, OR NOT FACILITATED, OR IT IS IMPLIED THAT VOLUNTARY EXIT IS NOT PERMITTED”.

EXAMPLES OF SECLUSION

- SECLUSION MIGHT LOOK LIKE:
 - BEING LOCKED IN A ROOM OR AREA, SUCH AS YOUR HOME OR BACKYARD, AND BEING UNABLE TO LEAVE
 - BEING LEFT ALONE IN A ROOM AND BELIEVING YOU CAN'T LEAVE
 - BEING UNABLE TO LEAVE A ROOM OR AREA DUE TO INACCESSIBLE DOOR HANDLES
- HIGHLY REGULATED PRACTICE AND SHOULD BE THE LAST RESORT RESPONSE

EXAMPLES OF SECLUSION



SUMMARY



- RESTRICTIVE PRACTICES NEED TO BE LEAST RESTRICTIVE AND REGULATED AT ALL TIMES
- EMERGENCY USE IS PART OF DUTY OF CARE – NEED TO REPORT ASAP
- IF IN DOUBT ASK MARION OR CLAIRE

QUESTIONS



- DOES ANYONE HAVE ANY QUESTIONS?
- THOSE PEOPLE ONLINE, YOU CAN USE THE 'CHAT' BUTTON AT THE BOTTOM OF YOUR ZOOM SCREEN

THANKS FOR ATTENDING



- COMPLETE A 10 QUESTION QUIZ
- GO TO OUR WEBSITE - AABDS.COM.AU
- CLICK ON 'EMPLOYEE' TAB AT TOP
- PASSWORD IS AABDSEmployee
- CLICK ON 'TRAINING' TAB
- RESTRICTIVE PRACTICES QUESTIONNAIRE