

Restrictive Practices

Easy Read

COMMUNITY
LIVING
AUSTRALIA



Welcome,

This information is written in an easy-to-read way.

You can ask for help to read this information from a family member, friend or support person.

Let us know if you would like us to help you.

This Easy Read information is a shorter version of the Restrictive Practices Toolkit.

You can ask us for a copy of the longer document.



Changes to the Law

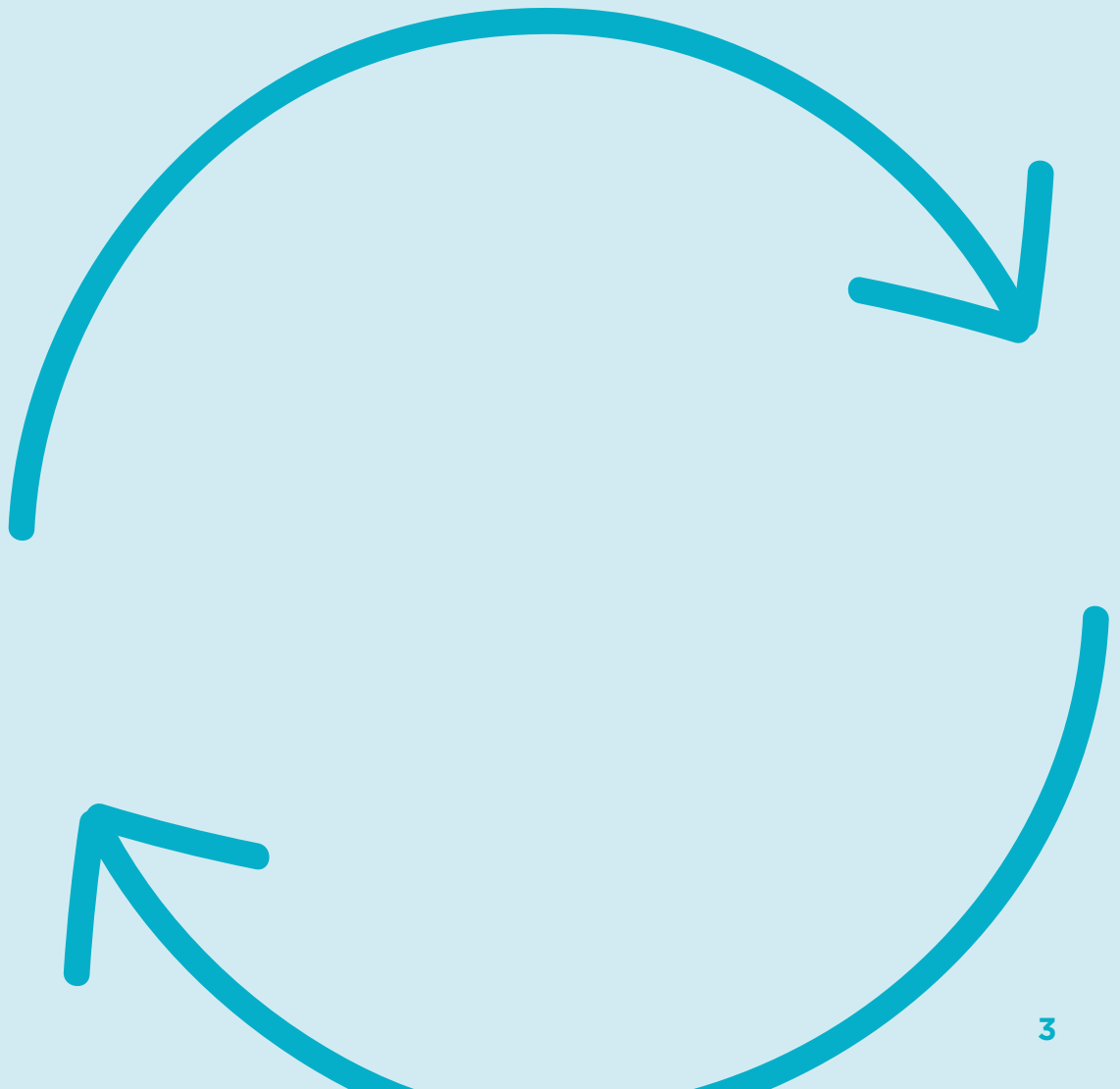
The Government has written a document called the 'National Disability Insurance Scheme (Restrictive Practice and Behaviour Support) Rules 2018'.

This document tells us what we have to do if we are going to use a restrictive practice.

This has been made to protect people with disability and make them safe.

The Government needs all disability organisations to do the same thing and the right thing.

Community Living Australia must follow the Government and the new changes.



What is a restrictive practice?

A restrictive practice is any device, practice or action which is used to take away a person's freedom of choice.

There are many types of restrictive practices.

Restrictive practices are sometimes used when nothing else is working.

Sometimes people use restrictive practices for the wrong reasons. This is not okay.

A restrictive practice might be:



Locking a person in a room



Moving a person to a room on their own



Telling a person to lie down or not move



Tying a person to furniture



Giving a person medicine to make them quiet



Stopping a person from using things they want to

What Community Living Australia needs to do

Before we use a restrictive practice we must:

- ✓ Try all other options first
 - ✓ Where appropriate have a positive behaviour support plan
 - ✓ Make sure the right person has said okay for the restrictive practice to be used
 - ✓ Check the restrictive practice every 6 months
 - ✓ Make sure the impact does not affect others
- ✗ If staff use a restrictive practice that is not in your plan, you need to tell your Team Leader.**

We keep a list of any restrictive practices we use to make sure we follow the right steps.



The Different Types of Restrictive Practices

There are some restrictive practices that are allowed if done properly and the right person has said it is okay.

✓ **Mechanical Restraint**

Mechanical restraint is using a device to control someone's movement and behaviour.

✓ **Physical Restraint**

Physical restraint is physical contact that stops somebody from doing a physical movement.

✓ **Seclusion**

Seclusion is making somebody stay somewhere they cannot get out of.

✓ **Chemical Restraint**

Chemical restraint is using medication to control a person's behaviour.

✓ **Detention**

Detention is stopping somebody from leaving a place.

✓ **Environmental Restraint**

Environmental restraint is not allowing somebody to access some places.

There are restrictive practices that are NOT allowed to ever be used.

✗ Exclusion

Exclusion is not letting somebody join in or do what other people are doing.

✗ Aversive Restraint

Aversive restraint is using physical or verbal things to stop behaviours.

✗ Psycho-social Restraint

Psycho-social restraint is when somebody uses their power to control somebody else.

What if a restrictive practice is asked for by a family member or carer?

The right people must say yes before a restrictive practice may be used.

If a family member or carer want one used, we will talk to them about it. We need to do the right steps and get the right people to say okay first.



Contact Information

**If you have any questions talk to your
Team Leader or Regional Manager.**

Or you can call Community Living Australia on (08) 8536 5888.

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