

What is a Restrictive Practice?



A restrictive practice takes away your right to move freely.



Restrictive practices are used when your behaviour is unsafe and you

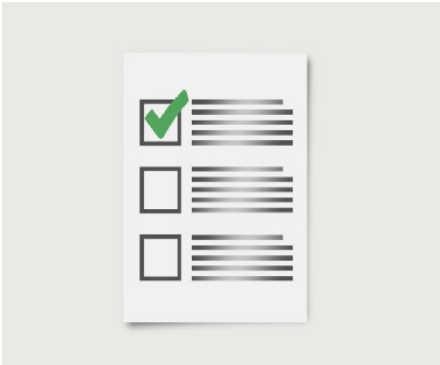
- hurt yourself
- hurt other people
- break things when you are angry
- run away

This is called a behaviour of concern.

Restrictive practices are used when nothing else works to stop you having a behaviour of concern.



Restrictive practices must be approved.



The people who work with you must show why you need the restrictive practice.

This is called Authorisation.

No one can have a restrictive practice unless it is authorised.

Types of Restrictive Practice



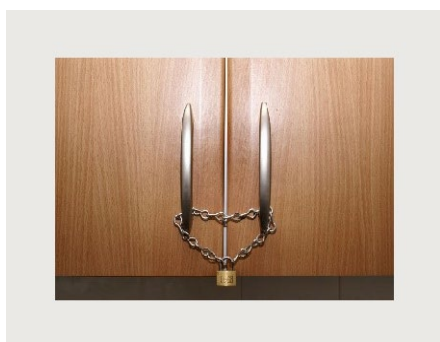
Seclusion is when you are put in a room alone to have time out.



Chemical restraint is when you are given medication to stop your behaviour of concern.



Physical restraint is when someone holds you so you cannot move away.



Environmental restraint is when you cannot move about freely.

This could be locked doors in your house to stop you going outside.

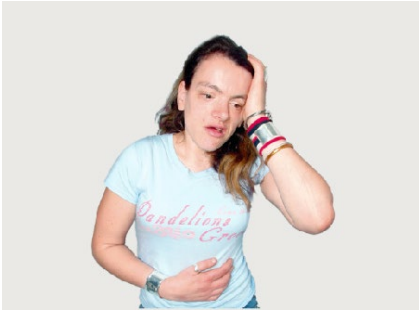
There may be a locked cupboard to stop you getting food.



Mechanical restraint is when you cannot move around freely.

This could be wearing a suit that stops you from touching parts of your body.

Behaviour Support Plans



Sometimes people have behaviours of concern when something is wrong.

You might be

- sick
- scared
- upset

Support workers must work with you to know why you have behaviours of concern.

They must help you stop having behaviours of concern.



There must be a plan about what support you need.

This is called a Behaviour Support Plan.

The behaviour support plan has ways to help you behave in a safer way.

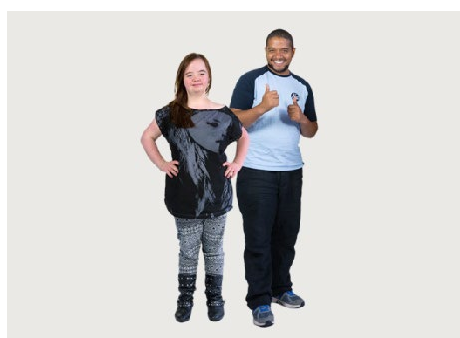
Support workers must be trained to use your plan.

Your rights with Restrictive Practice



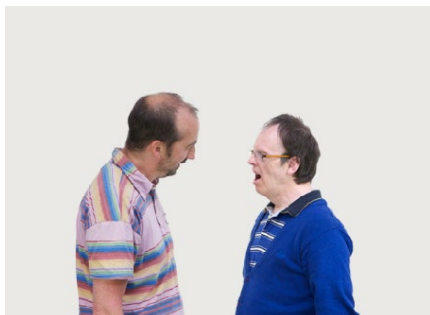
Restrictive practices must not be forever.

Bayley House staff will meet to talk about your restrictive practice.



The staff will make sure you are getting the support you need to help you stop having behaviours of concern.

When you stop having behaviours of concern the restrictive practice must end.



You have the right to speak up about your restrictive practice.

You can talk to

- someone you trust
- your support workers
- a manager
- Or you can call 03 9882 1500 to speak with our CEO