



# Restrictive Practices

## Purpose and Scope

- Provide clear guidance on using restrictive practices across all Adventure WA Support Services (AWSS).
- Align with National Disability Standards, especially Standard 1 - Rights, promoting freedom of expression, self-determination, decision-making, while actively preventing abuse, harm, neglect, and violence.

## Definitions

### Restrictive Practices

Actions or "restraints" limiting a person's freedom.

Restrictive Practices include:

- **Physical:** Using body parts to prevent, restrict, or subdue another person's movement.
- **Seclusion:** Placing a person in a room or space against their will, unable to leave freely.
- **Chemical:** Administering medication to alter behavior, e.g., calming or inducing drowsiness.
- **Mechanical:** Devices used to restrict behavior (excluding medically prescribed therapeutic devices, like wrist splints).
- **Environmental:** Modifying living spaces to influence behavior, e.g., locking cupboards or removing items.
- **Psycho-Social:** Isolating individuals from activities, areas, or people against their will. Minimally restrictive psycho-social practices may be applied after attempting non-restrictive practices, considering individual and others' rights, and discussing the appropriateness of practices based on age, gender, disability, and specific conditions with the facilitator.

## Policy

### Reduction of Restrictive Practices

AWSS actively seeks to minimize and, where possible, eliminate the use of Restrictive Practices within its services.

Restrictive Practices are employed only when:

- Included and approved in a participant's Positive Behaviour Support Plan (PBS) by an Allied Health Professional.
- Moderate Restrictive Practice (like Time Out) is necessary for Behavior Management after non-restrictive attempts have failed.
- In emergency situations where immediate danger to the participant or others is present.

### Limitation Acknowledgement

- AWSS recognizes Restrictive Practices aren't long-term behavioral solutions.
- Collaborative efforts with participant families will be made to develop alternative strategies, minimizing the use of Restrictive Practices.



# Restrictive Practices

## Duty of Care

### Safety Commitment

- Staff must act reasonably to ensure safety and well-being for participants, colleagues, and volunteers under Duty of Care obligations.
- This commitment aligns with the law of negligence's minimum standard of reasonable action.

### Restraint and Seclusion Considerations

- Duty of Care considerations are crucial when employing restraints or seclusion.
- Staff must exercise reasonable care to prevent harm or injury through action or inaction.
- Unreasonable actions or failure to act may constitute a breach of Duty of Care.

## Training

### Annual Training

- AWSS conducts annual Positive Behaviours and Team Teach Trainings.
- Attendance is mandatory for all facilitators.

## Participants with Restrictive Practices in Positive Behaviour Support Plan

### Coordinator's Assessment

- For participants with Restrictive Practices in their PBS, Coordinators assess the risk of their attendance at camps or programs.
- Participant guardians must supply a PBS signed by an Allied Health Professional.

### Sharing of PBS

- If assessed as suitable, the participant's PBS is shared with camp or program Facilitators, ensuring understanding of when and how to apply the Restrictive Practice.

## Training & Equipment

### Facilitator Training

- Facilitators receive demonstrations or additional information from guardians or Allied Health Professionals as needed.

### Equipment Provision

- Guardians must provide equipment related to Restrictive Practices (e.g., seatbelt lock) as AWSS does not own this equipment.



# Restrictive Practices

## Reporting & Reviewing

### Incident Reporting

- Even if a Restrictive Practice is sanctioned in the PBS, its use during a camp or program must be documented in an incident report by staff.

### Annual Review Requirement

- Participants' PBSs need annual reviews by an Allied Health Professional.
- Guardians must notify AWSS of any updates to the PBS at any time.

## Moderate Restrictive Practice - Timeout

### Description & Usage

- Timeout is a Moderate Restrictive Practice and is a milder form of restraint.
- It's utilized only when a participant's behavior can't be redirected otherwise, and under the Facilitator's direction.

### Procedure

- The participant must be continuously supervised for safety.
- May involve temporary removal from an activity, with the participant sitting nearby.
- For severe disruption, might involve removal from the location (e.g., sent to room for five minutes to calm down), but never for more than five minutes.
- Followed by a calm discussion, reassurances, and positive reinforcement of corrected behavior.

### Reporting & Review

- Incidents involving Timeout must be documented, with pre-Timeout strategies noted.
- Regular need for Timeout prompts coordinator-guardian discussion for alternative strategies or a possible PBS implementation.

## Emergency Situation - Immediate Danger

### Last Resort Practice

- Restrictive Practice is used as a last resort in emergencies where there's immediate danger to the participant or others.
- Facilitators primarily carry out these practices, considering the duty of care for all involved.

## Physical Restraint

### When Necessary

- Physical restraint is used in emergencies to prevent immediate danger, injury, or harm to participants, staff, or others.
- Examples include preventing a participant from running onto a road, self-injury, or harming others.



# Restrictive Practices

## Physical Restraint : Continued

### Guidelines

- The applied restraint must be the least restrictive option, effectively minimizing risk and safety concerns.
- Only the minimum force required for safety should be used, constituting the least amount necessary to prevent an action.

### Duty of Care

- Failure to intervene might breach the duty of care if restraint is necessary to prevent harm or danger.

## Personal Safety

### Safety First

- Engage in Restrictive Practices only if it doesn't compromise the safety of the individual applying it.
- If safety is compromised (e.g., a participant has a weapon), prioritize the duty of care for all, and call emergency services (000) or the police.

### Incident Documentation

- Record each use of Restrictive Practice on an incident report form.
- Document all prior steps taken to manage the situation.
- If necessary, AWSS will conduct a debrief with the individuals involved.

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## Reviewing and Outcome

### Post-Incident Review

- Upon notification, the Coordinator/Manager engages in communication with parents or carers to discuss the incident and recommend outcomes.

### Potential outcomes may include:

- Membership cancellation.
- Restriction on the types of programs the participant can attend.
- Collaboration with professionals for better behavior management strategies.

### REVISIONS

FEB 1st 2023 - ORIGINAL DRAFTED

NEXT REVISION DUE: 01/02/2024