



Restrictive Practices Guidance for Clients and Families

What is a restrictive practice?

A restrictive practice is any action or intervention which may have the effect of restricting the rights or movement of a person with a disability. This includes:

- **Seclusion** – restriction a solitary person to a room or space where they are unable to exit
- **Chemical restraint** – using a medication or other chemical substance to restrict, impact or influence the behaviour of the person; this does not include prescribed medication for a medically diagnosed physical or mental illness or impairment
- **Environmental restraint** – Restricting a person's access to all parts of their environment, which includes activities or any items
- **Mechanical restraint** – the use of a machine or device which will restrict, reduce or prevent the movement of a person with the purpose of influencing their behaviour, not including any equipment used for physical assistance, functionality, or therapeutic devices
- **Physical restraint** – using a form of physical restraint or force in order to restrict, reduce or prevent the movement of a person with the purpose of influencing their behaviour; this does not include using a hands-on method to assist or guide the person away from harm or the risk of potential harm

Regulated Restrictive practice:

When restrictions are required to protect the person and those around them from harm, this is seen as regulated restrictive practice, and has a process for the service and the NDIS. If an individual shows behaviour of concern which may require the use of regulated restrictive practice within a service for the safety of the individual or those around them, a Behaviour Support Plan will be required, or amended, and lodged with the NDIS Commission. This could also mean that in regard to medication that may be seen to alter behaviour, a Behaviour Support Plan or formal diagnosis is required, to not be seen as breaching the rights of the participant.

What does it mean for families?

This plan will be developed with the consultation of the individual, their family and other important people in the person's life. This is to guide any staff who are working with the participant to ensure they are acting within the best interest of the participant, their rights, and their safety. In these instances, the Support Coordinator will assist families to ensure the funding for a plan has been provided by the NDIS and in finding a behaviour support specialist to develop an appropriate plan for the participant.

The service will be required to report on this on a monthly basis. This is not required for families who may need to use a form of restrictive practice within the home.