






# RESTRICTIVE PRACTICES GUIDELINES

<p><b>What is a regulated restrictive practice?</b></p>
<p><b>Definition:</b></p> <p>“Any intervention or practice that has the effect of restricting the rights or freedom of movement of a person with disability”</p>
<p><b>Regulated Restrictive Practices</b></p>
<p><b>Five Categories:</b></p> <ol style="list-style-type: none"> <li>1. Seclusion</li> <li>2. Chemical Restraint</li> <li>3. Physical Restraint</li> <li>4. Mechanical Restraint</li> <li>5. Environmental Restraint</li> </ol>
<p><b>Seclusion</b></p>
<p><b>Definition:</b></p> <p>“The sole confinement of a person with disability in a room or physical space a any hour of the day or night where voluntary exit is prevented, implied or not facilitated.”</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Own room</li> <li>• Containment</li> <li>• Exclusionary time out</li> <li>• In a car</li> <li>• Other room</li> <li>• Outside</li> <li>• Secure care setting</li> </ul> 
<p><b>Chemical Restraint</b></p>
<p><b>Definition:</b></p> <p>“Use of medication or chemical substance for the primary purpose of influencing a person’s behaviour or movement. It does not include the use of medication prescribed by a medical practitioner for the treatment of, or to enable to treatment of, a <b>diagnosed</b> mental disorder a physical illness or physical condition.”</p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Fixed term or PRN</li> </ul> 

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<b>Physical Restraint</b>	
<b>Definition:</b>	
<p>“Use or action of physical force to prevent, restrict or subdue movement of a person’s body, part of their body, for the primary purpose of influencing a person’s behaviour.”</p>	
<b>Examples:</b>	
<ul style="list-style-type: none"> <li>• Personal Restraint</li> <li>• Escort</li> <li>• Standing Restraint</li> <li>• Seated Restraint</li> </ul>	
<b>Mechanical Restraint</b>	
<b>Definition:</b>	
<p>“Use of a device to prevent, restrict, or subdue a person’s movement, or to control a person’s behaviour. This does not include the use of devices for therapeutic purposes.”</p>	
<b>Examples:</b>	
<ul style="list-style-type: none"> <li>• Bedrails</li> <li>• Belt / Buckle cover or harness</li> <li>• Cuffs</li> <li>• Protective headgear</li> <li>• Restrictive Clothing</li> <li>• Splints / Straps</li> <li>• Tables / Furniture</li> <li>• W/C Seat Belt</li> </ul>	
<b>Environmental Restraint</b>	
<b>Definition:</b>	
<p>“Restrictions in place that limit the person’s free access to all parts of their environment.”</p>	
<b>Examples:</b>	
<ul style="list-style-type: none"> <li>• Electronic Monitoring device</li> <li>• Locked doors and/or cupboards</li> <li>• Locked fridges and/or gates</li> <li>• Restricted access to activities, areas, and items/objects</li> </ul>	
<b>The regulated restrictive practice (RP) must be:</b>	
<ul style="list-style-type: none"> <li>• Used as a last resort</li> <li>• The least restrictive response</li> <li>• Reduce the risk of harm</li> <li>• Proportional to the risk</li> <li>• Time limited</li> </ul>	
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