

Quick Reference Guide

Restrictive Practices and Restraints

Restrictive practices refer to activities or interventions, either physical or pharmacological, that have the effect of restricting a person’s free movement or ability to make decisions. There are laws around the use of any restraint in aged care. Restraint usage should always be a last resort and follow all policies and procedures, including consent, observation, documentation, and reassessment.

Consider the following alternatives:

Activities and programs

- Resident-focused activities
- Active listening
- Encourage visitors to spend time with residents
- Provide regular exercise programs and meaningful activities

Environment

- Set up quiet zones
- Welcoming areas
- Ensure that there are clear pathways, to promote walking outdoors

Falls prevention programs

- Correct footwear
- Proper lighting
- Regular toileting

Good governance

- Promote a restraint-free culture
- Conduct regular team meetings

Positive support strategies

- Person-centred approach
 - Recognise each resident as an individual with their own needs and preferences
 - Comprehensive assessment of the person, including medication
 - Eliminate delirium and/or depression
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DISCLAIMER:

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