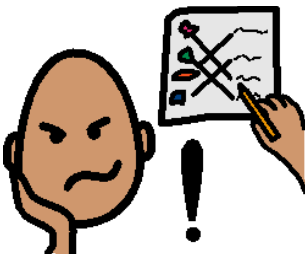


What is Restrictive Practice?

This is an Easy Read factsheet.

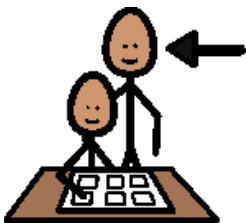
Hard Words



This fact sheet has some hard words.

The first time we write a hard word

- The hard word is in **blue**
- We will write what the hard word means



You can get help with this fact sheet

You can get someone to help you

- read this fact sheet
- know what this fact sheet says
- find more information

What is Restrictive Practice?



Restrictive practices are things that limit the rights of a person, like being able to move around freely.

Restrictive Practice is used to stop a person from doing **behaviours of concern**.

- A behaviour of concern might be a behaviour like when you hurt yourself or hurt another person.



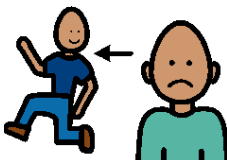
or

It might be behaviour like when you are angry and break furniture.



or

When you run away from people who help you.





There are a lot of laws that talk about different parts of Restrictive Practice.

- There is a special law in the ACT called the Human Rights Act 2004.
- The ACT now has a new law called the Senior Practitioner Act 2018



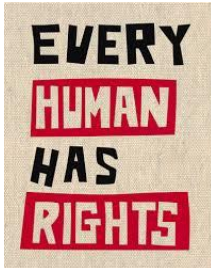
The **Senior Practitioner** is in charge of the rules for Restrictive Practice.

- The Senior Practitioner is Tracey Harkness



You will find more information about the Senior Practitioner in

- **Who is the Senior Practitioner Factsheet**



All Restrictive Practices affect your Human Rights.

The new Senior Practitioner Act talks about Restrictive Practices.

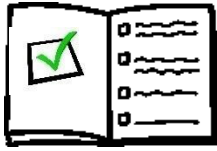
The law says



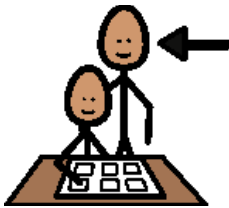
- Restrictive Practices can only be used if there is a risk to safety right at that time.



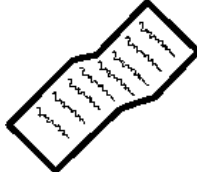
- The type of Restricted Practice used must be the least restrictive way.



- Restricted Practice can only be used in special situations
 - Restricted Practice is the last option
 - Restricted Practice has to be used the shortest time possible



With the right help restrictive practices should **not** need to be used.



There are different types of restrictive practices

They are:



Chemical restraint: this is when you are given a medication to change your behaviour? if the medication is given to you to treat a physical or mental illness you have, this is **not** chemical restraint



Physical restraint is when another person holds you strong so you can **not** move



- It is **not** the same as when someone holds your hand to cross the road



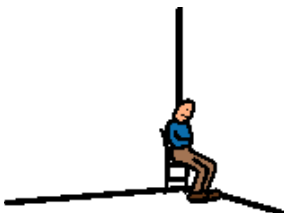
Mechanical restraint is when equipment is used on you that does **not** let you move.

Mechanical restraint could be

- a bodysuit that stops you from being able to touch your body
- splints that stop you from being able to move your arm.



A seatbelt and buckle guard you use in a car is **not** a mechanical restraint.

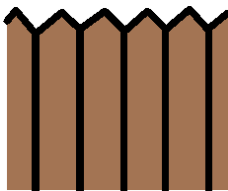


Seclusion is when you are locked in a room or put in place where you can **not** get out of or think you can **not** get out

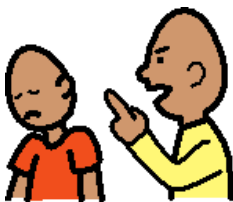


Environmental restraint is when actions or systems stop you being able to move in your space freely or stops you from being able to join in an activity.

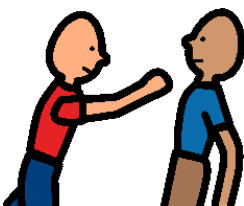
This could be



- gates or fences that cannot be opened
- locks on cupboards or a fridge.



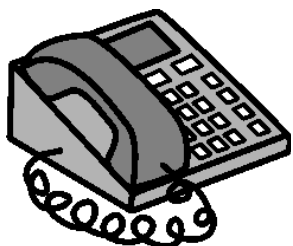
Coercion is when people use words and body language to make you do what they want you to do by force.



- an example is you are told you will be hit if you do not do something



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