

SECLUSION

FREQUENTLY ASKED QUESTION

Seclusion is a type of Restrictive Practice defined in a law called the Senior Practitioner Act 2018. This law applies to providers.

Seclusion is shutting a person in an area by themselves to manage behaviours of concern and not letting them leave.

Behaviours of concern are behaviours that hurt the person or any other person.

If the person can leave the area any time they would like this is not seclusion.

How are time out or taking a break different from seclusion?

Time out is a brief break to allow the person to move away from what is distressing them and regain control through planned strategies. Staff usually ask a person to take time out when they see warning signs of a behaviour of concern. The person is free to leave the time out space at any time.

Taking a break is a proactive strategy to teach a person to take a break to prevent escalation from happening. The person is free to leave the break space at any time.

In each case during time out or taking a break, the person is given support to make sure they are ok and given the help they need. The purpose is to give someone enough time to prevent escalation, have their needs met and then re-engage.

Seclusion is in response to a behaviour of concern and the person is not free to exit.

If I lock myself into an area and leave the person alone, are they secluded?

If the person is alone and can't exit the area in response to a behaviour of concern this is seclusion.

For example, if you lock yourself into a room in response to a behaviour of concern, but the person can't leave the area they are in, they are effectively secluded.

What do I do if I have secluded someone?

Call for help. Make sure everyone is safe. Keep visual and/or verbal contact with the person. Continue to assess when it is safe to stop seclusion. Re-engage when safe to do so and debrief to see if anything could be done differently in future.

Once the incident is over, report the use of seclusion to the Senior Practitioner (or if an NDIS client, to the NDIS and send the Senior Practitioner a copy of that report).

Is it seclusion if...?

Location	Is it seclusion if...?	
Playground	<p>Q: a child is engaging in behaviours of concern and is restricted to the playground or section of the playground, alone with their exit prevented; or is not facilitated?</p> <p>A: Yes. This is seclusion.</p>	<p>Q: a child is alone in the playground without restricting their freedom to exit the playground (i.e. back into buildings or other areas)?</p> <p>A: No this is not seclusion; the child is free to exit.</p>
Rooms	<p>Q: a person is engaging in behaviours of concern and the room or area is evacuated and the person is left alone and is unable to exit, or is not facilitated?</p> <p>A: Yes. This is seclusion.</p>	<p>Q: a person remains alone in the room and their movement is not restricted or their exit prevented, and the person is aware they can leave?</p> <p>A: No this is not seclusion; the person is free to exit.</p>
Hallway	<p>Q: a person is engaging in behaviours of concern in the hallway and doors and exits are blocked to prevent the person leaving the hallway or returning to where other people are, or is not facilitated?</p> <p>A: Yes. This is seclusion.</p>	<p>Q: a person is in the hallway and their movement from the hallway is not restricted or their exit prevented, and the person is aware they can leave the area and/or return to where the other people are?</p> <p>A: No this is not seclusion; the person is free to exit.</p>
Individual spaces	<p>Q: a person is engaging in behaviours of concern and is blocked (i.e. by a person,</p>	<p>Q: a person accesses an individual space, is supervised and experiences no restriction of movement?</p>

	<p>barrier, or door) from leaving the individual space, or is not facilitated</p> <p>A: Yes. This is seclusion.</p>	<p>A: No this is not seclusion; the person is free to exit.</p>
Time out	<p>Q: a child is in a planned time out and is engaging in behaviours of concern and their movement is blocked to prevent them from leaving time out, or is not facilitated?</p> <p>A: Yes. This is seclusion.</p>	<p>Q: when a child is asked to move away from a space or area for a period of time and they have freedom to move into other spaces as needed?</p> <p>A: No this is not seclusion; the child is free to exit.</p>

To understand more about the Senior Practitioner Act 2018, go to:

<https://www.communityservices.act.gov.au/quality-complaints-and-regulation/office-of-the-senior-practitioner>