



Communities
& Justice

What is a Restrictive Practice?

Easy Read Guide



Easy Read

www.facs.nsw.gov.au

Behaviour



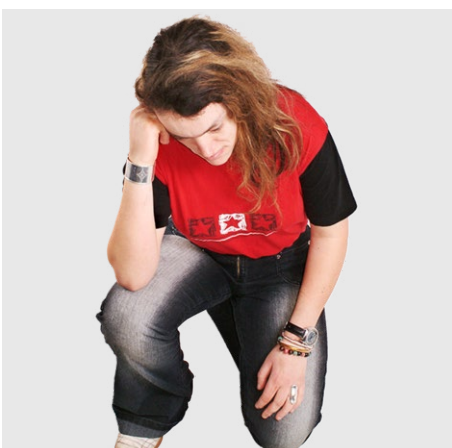
You might have done something that made you or others unsafe.

This is called a **behaviour of concern**.



A **behaviour of concern** can be

- When you hurt yourself or other people
- If you run away
- If you break furniture



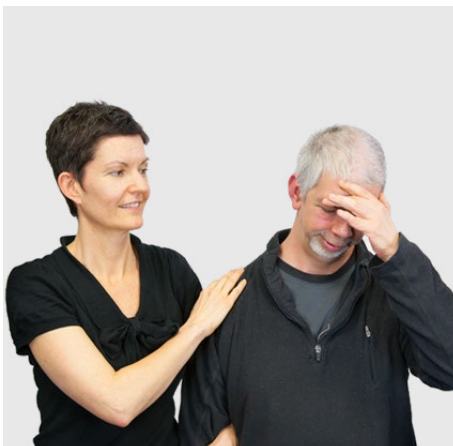
You might have behaviours of concern when you are in pain, hurt or upset or do not feel understood.

Restrictive Practice



Staff will help you learn skills to stop your behaviour of concern.

They will try lots of things to support you.



If none of these work a **restrictive practice** might be used.



A **restrictive practice** is used to stop you hurting yourself or other people.

It takes away your rights or freedom.

Types of Restrictive Practice

A large, dark blue number '5' centered on a light gray square background.

There are 5 types of restrictive practices.



Seclusion is when you are put in a room or space on your own and you cannot get out.

This cannot be used if you are under 18 years old.



Chemical restraint is when you are given medication to stop your behaviour.

This does not include your usual medication you get from your doctor for things not related to your behaviours of concern.



Mechanical restraint is when equipment is used to stop you from doing something.

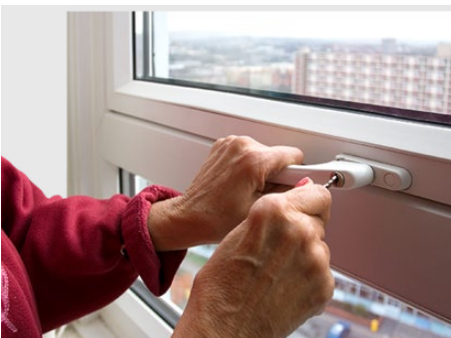
This does **not** include equipment that is used for therapy or to keep you safe.

Types of Restrictive Practice



Physical restraint is when someone stops you from moving.

It does not include when someone holds your hand to cross the road.



Environmental restraint is when someone stops you from doing things in your house or outside.



A restrictive practice can only be used to keep you or someone else safe.

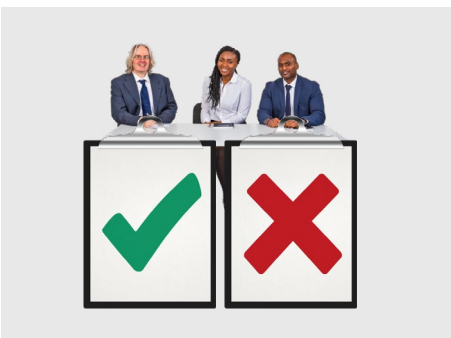


Special approval is needed before staff can use a restrictive practice.

What does this mean for you



The restrictive practice should be explained to you.



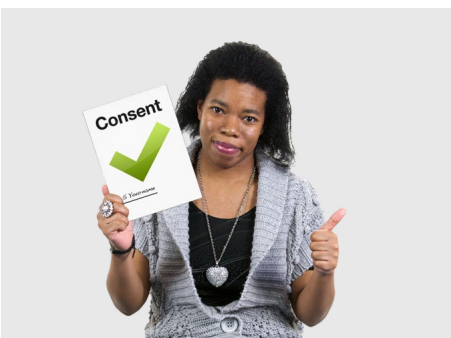
There will be a meeting to decide if a restrictive practice can be used.

This meeting is called a **Restrictive Practice Authorisation Panel**.



You should be invited to this meeting.

You can have your say.



Consent is also needed to allow the restrictive practice to happen.

You may be able to give consent or a **Guardian** may give consent for you.

Complaint



A **complaint** is when you tell someone something has gone wrong with your supports or services.



If you are unhappy and want to make a complaint talk to your service provider first.

Your service provider should work with you to fix the problem.



If you feel the problem is not fixed you can contact the **NDIS Commission**.

Contact NDIS Commission



1800 035 544



Email

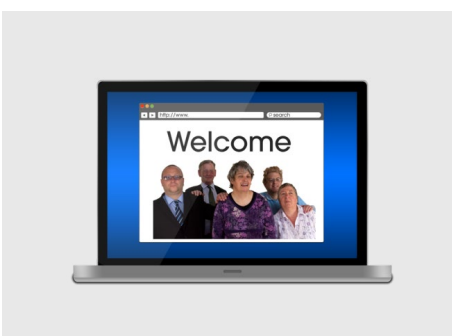
contactcentre@ndis.commission.gov.au



NDIS Quality and Safeguards Commission

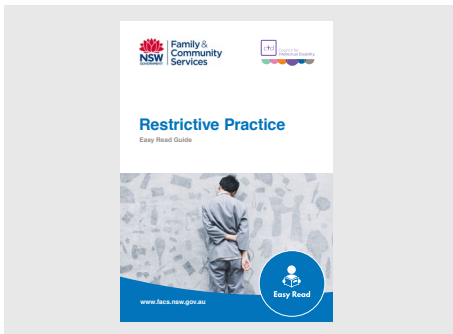
PO Box 210

Penrith NSW 2750



www.ndiscommission.gov.au

For more information read



Restrictive Practice Easy Read Guide

www.facs.nsw.gov.au/download?file=664338



Going to a Restrictive Practice Authorisation Panel meeting

www.facs.nsw.gov.au/download?file=772097