

Restrictive Practices Policy

Optimum Choice fully understands the regulated requirements of restrictive practices.

A restrictive practice is defined as and practice or intervention that has the effect of restricting the rights or freedom of movement of a person with any type of disability, with the primary outcome of protecting the individual or others from potential harm.

Types of restrictive practices

- Seclusion – e.g. time out
- Chemical restraint – medication
- Mechanical restraint – a device to restrict movement
- Physical restraint – restrict movement e.g. whole body, arm or leg
- Psychosocial – no social stimuli, threats, yelling
- Environmental – locking cupboards or fridge, removal of personal items

Of the types of restrictive practices described above, only regulated restrictive practices are allowed and only with strict controls in place.

All other types of restrictive practices are strictly prohibited

Use of regulated restrictive practices

- Shall only be used as a last resort, and with documented proof everything else has been tried first
- Only used if the behaviour might harm the person or others
- Only used for the shortest possible time
- Only if approval has been provided by the legal guardian
- Only if consideration has been given to how it might affect the rights of the person
- Must be documented in the behaviour support plan
- Optimum Choice management to be notified immediately of any deviation to this policy

Breach of this policy

- Could see an investigation into Optimum Choice by NDIS
- Civil penalties
- Criminal convictions and fines

Date 28/03/2020