

About restrictive practices.

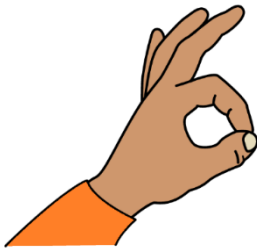
Fact sheet 5.



This fact sheet is part of

A law may change. We want to hear from you.

There are 6 fact sheets. This is fact sheet 5.



You must be safe. You may need help to be safe.



You may do things like

- hit your self
- run out on the road.

You may get hurt. You are **not** safe.

Or



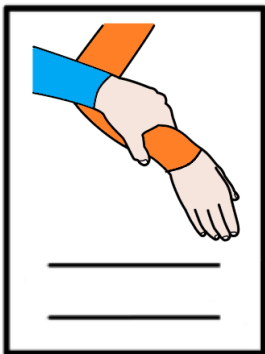
You may hurt people.



People can help you stop. They help you be safe.

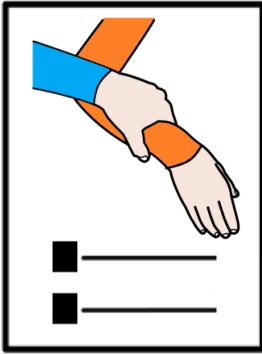
It may be staff at

- your day program
- where you live
- other places you go.



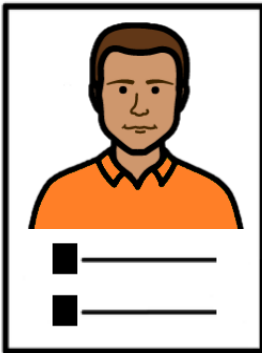
There are rules for what they can do.

They **must** follow the rules.



They **must** have a plan. It says

- what things you do
- why you do these things
- what staff can do. It is to keep you safe
- when staff can do these things.



It is your BSP.

The long name is behaviour support plan.



You can learn to do different things.

Like you learn to **not** hurt people.

Your BSP says how you will learn.



People help write your BSP. Like

- your doctor



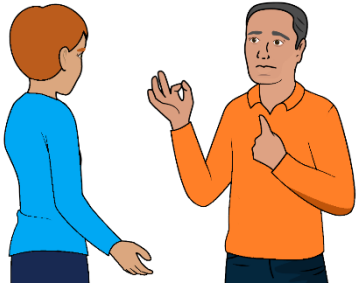
- a person who knows you well.

Like your mum



- a person who checks the things you do.

We call them a behaviour support practitioner.



Staff must try different things to keep you safe.

Like they can

- help you feel better
- teach you to be safe
- tell you to stop.

Your BSP says what they must try.



They must check why you do things. Like

- are you sick?
- are you hurt?

And



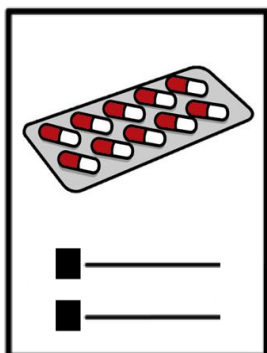
They must check is there a bad thing?

It may be there is a lot of noise. It is in your home.

It makes your head hurt.

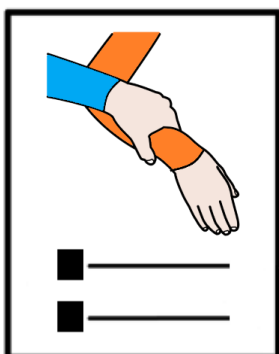


They try different things. It may **not** work.



They may need to do more things. Like

- give you pills
- take things away from you
- use things to stop you.



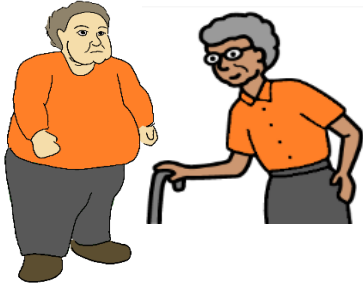
They may need to

- hold you
- take you to a quiet place. You are by your self.

You can **not** leave for some time.

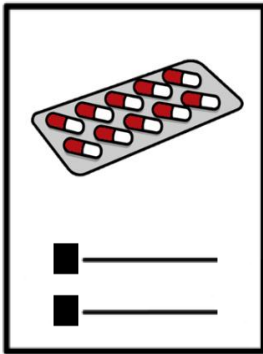
We call these things RP.

The long name is restrictive practices.



Staff must **not** hurt you. They must think about

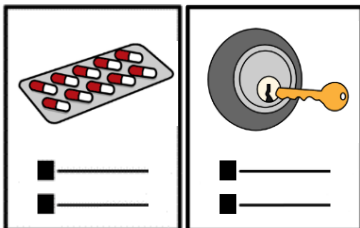
- how big you are
- how old you are
- your health. Like what pills you take.



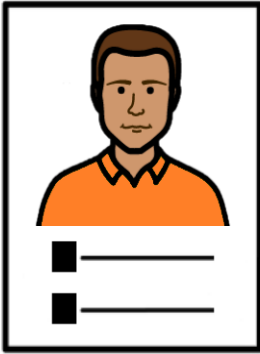
There are 5 sorts of RP.

Staff may use 1 RP with you.

Or



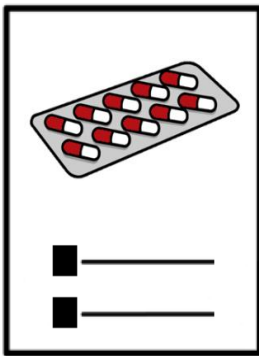
They may use more than 1 RP.



Each thing they do must be in your BSP.



About the 5 sorts of RP

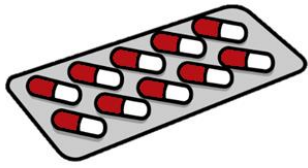


1. Staff give you pills

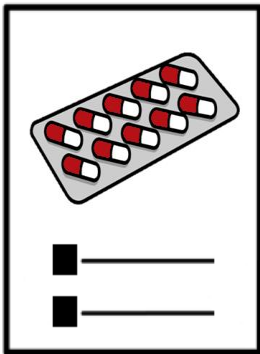


You feel bad. You may

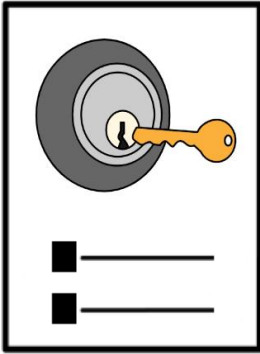
- hit
- bite
- throw things.



Staff give you a pill. It helps you calm down.



We call this chemical restraint.



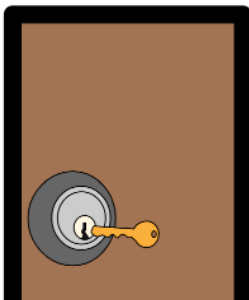
2. Staff lock some things up



You may want to leave your home.

You run out side. It is **not** safe.

You may get hurt.



Staff lock the front door.

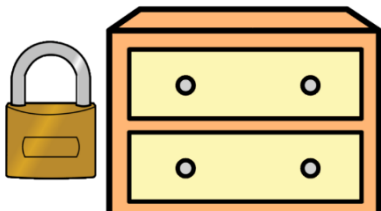
Staff lock the gates.

You can **not** go out side.



There may be things you can **not** use. Like

- a knife
- the stove
- paint.

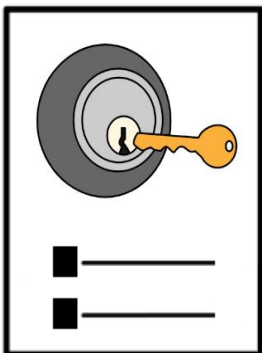


Staff put them in a drawer. It is locked.

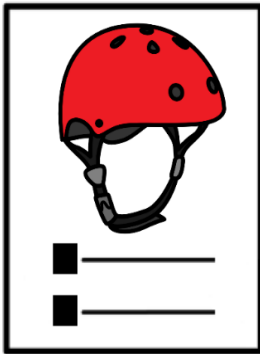
You can **not** use them.

You need to ask for these things.

You may need help to use them.



We call this environmental restraint.



3. Staff use things to stop you



You may hurt your self. Like

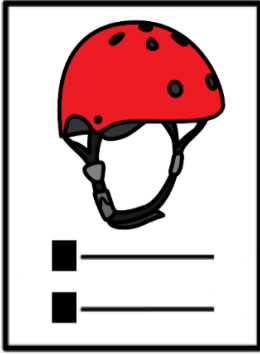
- hit your head
- pull your hair
- bite your self.



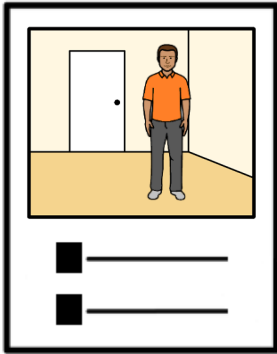
Staff use a thing to stop you. Like

- a helmet. You can **not** hurt your head.
- a strap on your arm. It holds your arm down.

You can **not** hit your self.



We call this mechanical restraint.



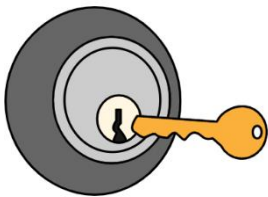
4. Staff put you by your self



Staff take you to a place. Like a room.

You are by your self. The door may be shut.

Staff may call it time out.



You can **not** leave. Staff may lock the door.

Or

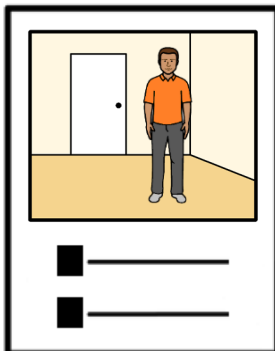


Staff say to wait.

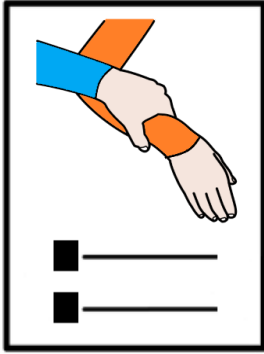


Staff must check

- you can get help. Like you want some water
- the place is safe. You can **not** get hurt
- you know when you can come out.



We call this seclusion.



5. Staff hold you



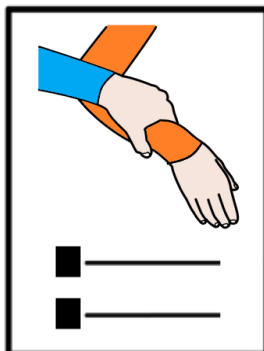
Staff may

- hold your body still
- move your body for you.



You may hit your self. Staff hold your hand.

You can **not** hit now.



We call this physical restraint.