

What is a Restrictive Practice?



Easy Read information.



This guide uses simple words and pictures to explain information. This makes information easier to understand.

This guide has some hard words. The word will be written in **bold**.

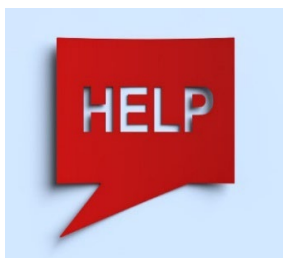
We explain what the hard word means.



This guide is written by the **Restrictive Practices Unit**.

The Restrictive Practices Unit are people in Government who make sure that laws for restrictive practices are followed.

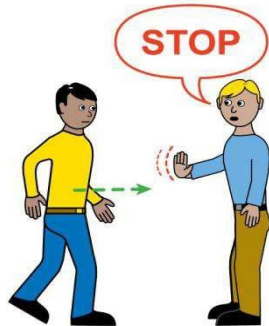
Get help.



It's okay to ask for help to read this information.

Ask a friend, family members or support person for help.

What is a restrictive practice?

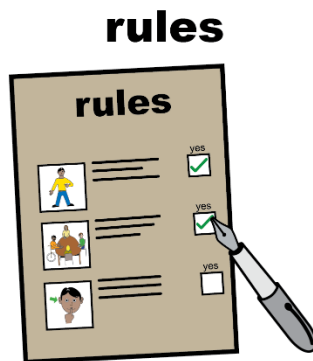


Restrictive Practices can stop you from going places and doing things you want.

Restrictive Practices can take away your choices.

A restrictive practice should only be used when you act in ways that makes you or other people unsafe.

There are rules and laws about how a restrictive practice is used.



Restrictive practices and behaviours of concern.



Restrictive practices are used to stop **behaviours of concern**.

Behaviours of concern are doing something that could hurt you or someone else.

Types of restrictive practices.

There are 5 types of restrictive practices.



Seclusion:

This is when you are in a room alone and you are not allowed to leave.



Chemical:

Medicine to change or stop a behaviour.



Mechanical:

This when equipment is used to stop a behaviour of concern.



Physical:

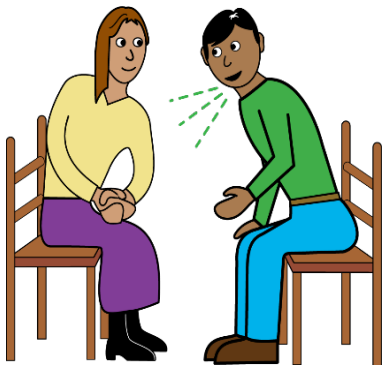
This is when someone stops you moving your body or a part of your body to stop a behaviour of concern.



Environmental:

This is when you are stopped from having items or doing activities.

Your rights.



The reason for a restrictive practice should be explained to you before it is used.

You can ask why you have a restrictive practice in your behaviour support plan.

You can ask your carers to find other ways to meet your needs.

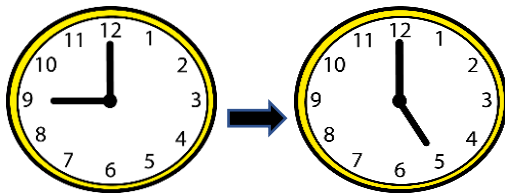
You can ask when it can be reduced and stopped.

Contact the Restrictive Practices Unit.



Call us:

1800 862 004



You can call us Monday to Friday
between 9:00am and 5:00pm.



Email us:

DHSRestrictivePracticesUnit@sa.gov.au



Write to us:

Restrictive Practices Unit

PO Box 70

RUNDLE MALL SA 5000

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What is a restrictive practice? April 2023

Written by the Restrictive Practices Unit – Department of Human Services.