

Restrictive Practices Policy

Purpose

To ensure the appropriate use of practices that are restrictive and to reduce and eliminate the use of such practices.

Policy

Rocky Bay is always trying to limit the number of restrictive practices within our services. Sometimes however we may need to be restrictive for your own safety or the safety of others.

A restrictive practice includes physical restraint, use of medications, confining you to a space, or doing things that control or influence you.

Any restrictive practice used at Rocky Bay will:

- Be the least restrictive option
- Be used for the least possible time
- Be used as a last resort
- Be necessary to prevent harm to you or others
- Not be used as a punishment to you
- Not be used for staff convenience
- Where possible, be done with your agreement