

# 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 eliminate and limit the number of restrictive practices used within our services. Sometimes however we may need to put measures in place that are restrictive to keep you and others safe.

The NDIS have rules on the use of restrictive practices that Rocky Bay has to follow. The rules say that there are only 5 types of restrictive practices, these are called regulated restrictive practices:

- **Physical** - someone using part of their own body to stop you from doing something
- **Chemical** - use of medications to control or influence your behaviour,
- **Seclusion** - confining you to a space on your own from which you cannot get out,
- **Mechanical** - using equipment to stop you from doing something, and
- **Environmental** - when someone stops you from having access to something in your home or outside

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
- Have your agreement, where possible
- Be reported to the NDIS