

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 its services. Sometimes, however, there may be a need to put measures in place that are restrictive to keep customers and others safe.

The NDIS has rules on the use of restrictive practices that Rocky Bay, as a registered provider, must follow. There are five types of restrictive practices under these rules:

Physical – someone using part of their own body to stop a customer from doing something.

Chemical – the use of medications to control or influence customer behaviour.

Seclusion – confining a customer to a space from which they cannot get out.

Mechanical – using equipment to stop a customer from doing something.

Environmental – stopping a customer from having access to something or somewhere.

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