

# Restrictive Practice Activity Cards

for people, their families  
and their disability services

**These cards help you think about  
types of restrictive practices.**



**Understanding  
Me**



Government of **Western Australia**  
Department of **Communities**



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WAI S acknowledges Uniting WA & Microboards Australia  
for their *Restrictive Practice Activity Cards*.

We thank them for their support to redesign the cards as  
the *Understanding Me* resource.

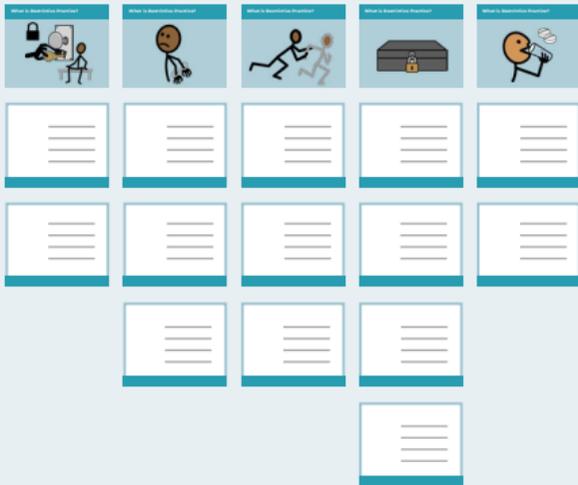
<https://unitingwa.org.au/news-and-resources/resources>

**Uniting**



**Microboards**  
Australia

# Restrictive Practice Activity Cards



Lay out the 6 header cards:

- 5 restrictive practices cards
- 1 prohibited practices card

Match the example cards to one of the 6 header cards.



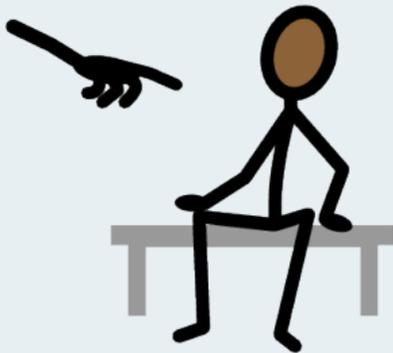
# What is Restrictive Practice?



When people who support a person with disability do something that restricts the person's rights and their freedom to move.



# What is Restrictive Practice?

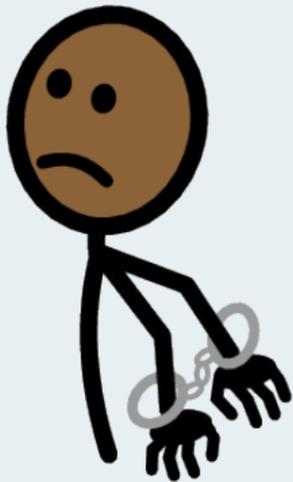


## Seclusion

This is when a person is left on their own or put in a room or place which they can't leave or think they can't leave when they want to.



# What is Restrictive Practice?



## Mechanical restraint

This is when something is put on a person to stop them moving to influence their behaviour.



# What is Restrictive Practice?



## Physical restraint

This is when people use their hands or body to stop the person moving or doing what they want.



# What is Restrictive Practice?

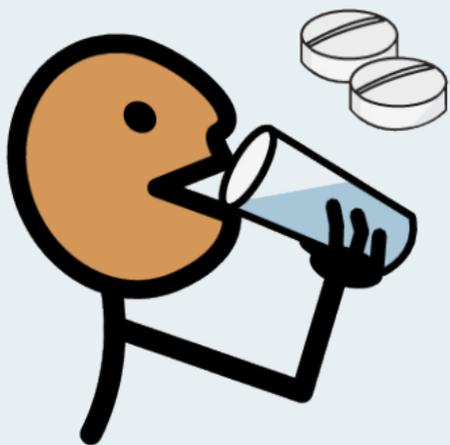


## Environmental restraint

This is when someone else controls what a person can do, what they can get, who they can see and where they can go.



# What is Restrictive Practice?

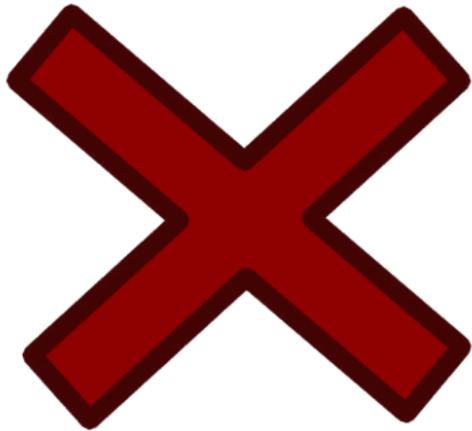


## Chemical restraint

This is when a person is given medicine and chemicals to influence their behaviour.



# What is a Prohibited Practice?



It's Never OK





Keeping a door locked to stop someone from leaving when they want to.





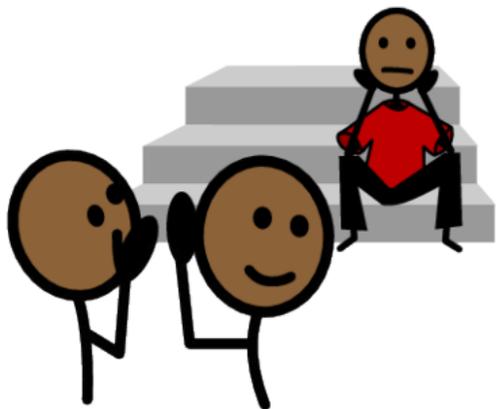
Locking a person  
in their room.





Locking a person  
outside on their own  
until they calm down.





Leaving the person out.

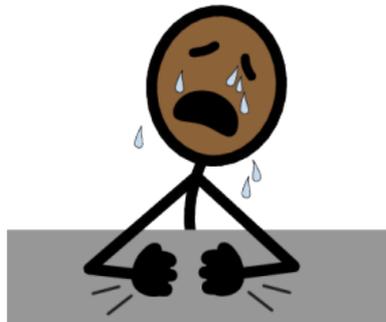
Not including them.





Leaving a person alone  
inside whilst everyone  
else goes outside.





Stopping a person from going to places or doing things they like.





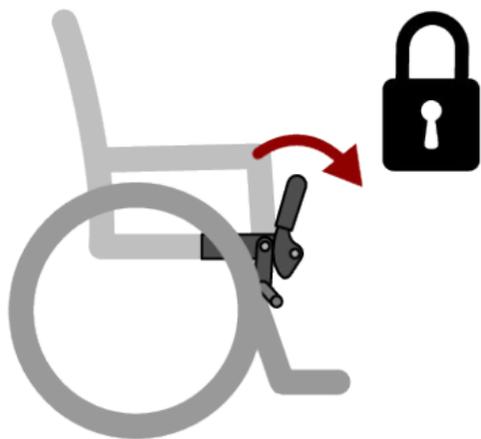
Giving a person medicine to influence their behaviour which is used for mental illness when they do not have a mental illness.





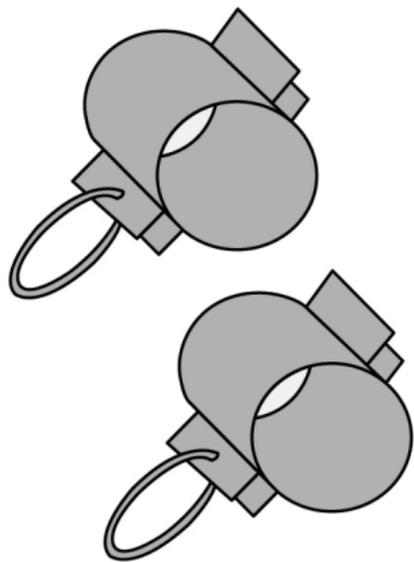
Giving a person medicine to influence their behaviour which is used for a physical condition when they do not have a physical condition.





Putting wheelchair brakes on to stop the person going where they want to go, if they cannot take the brakes off themselves.





Using any equipment to stop a person from moving, hurting themselves or others.





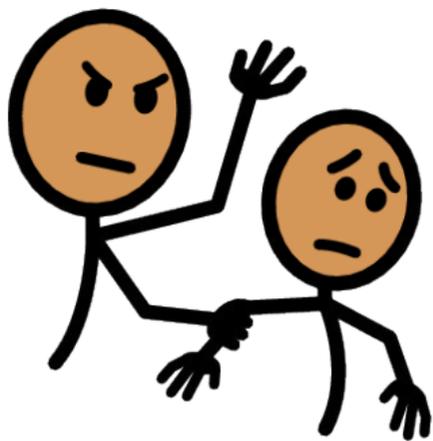
Using medication to reduce sexual arousal where there are problematic sexual behaviours but no sexual offending.





Using your body to block a person from going where they want to go.





Taking the person's hand to stop them going where they want to go, or to force them to go where you want them to go.





Stopping people from  
going to certain areas  
in their home  
eg. kitchen or garden.





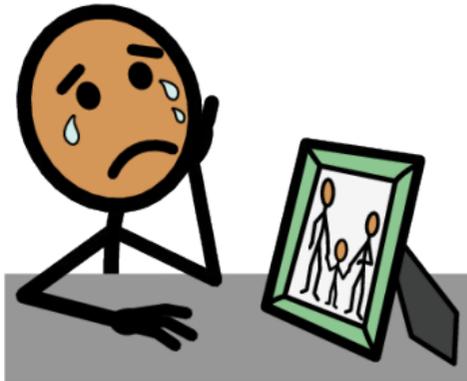
Locking food or  
people's things away in  
a cupboard or fridge.





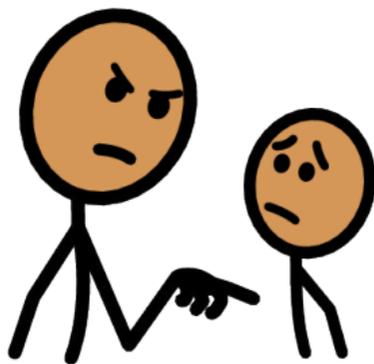
Stopping people from using anything that might hurt themselves or others eg. cutlery, chemicals.





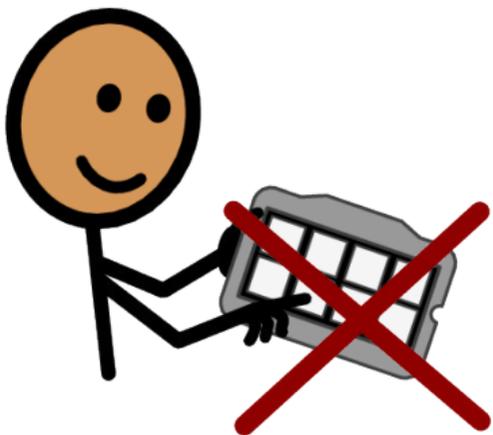
Stopping the person from spending time with the people they want to be with.





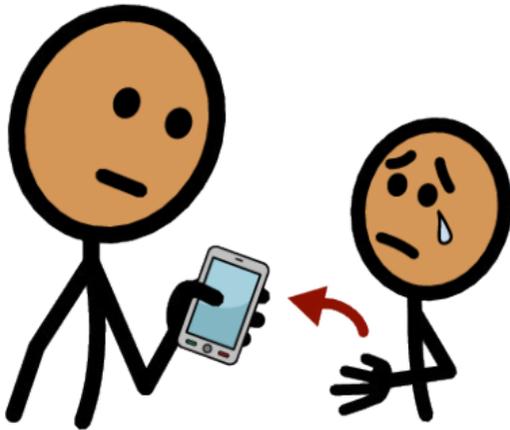
Not allowing a person to spend their own money on what they want.





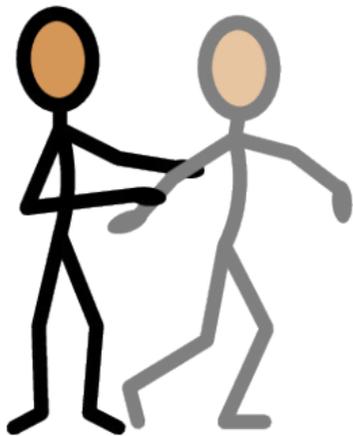
Not helping a person to have their communication system with them.





Stopping a person from having their own things eg. phone, ipad or cigarettes.





Holding a person's arms to stop them from hurting themselves, other people or property.



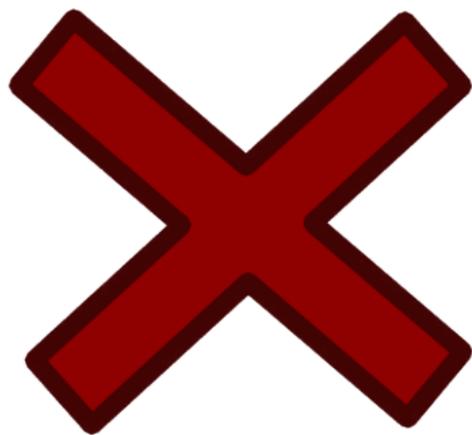


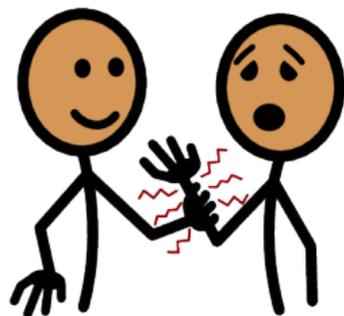
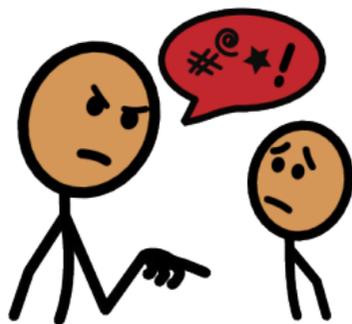
Using medication without consent to stop women menstruating when it has not been prescribed for a medical condition.



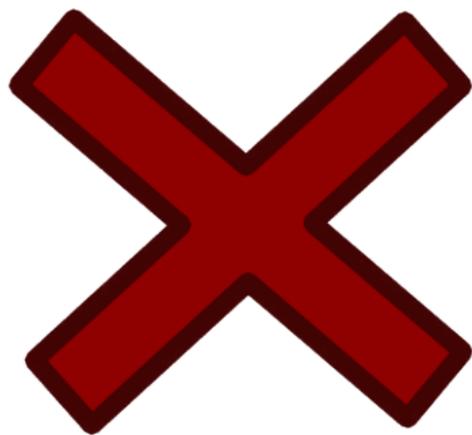


Forcing a person to the floor and holding them face down or face up on the ground.



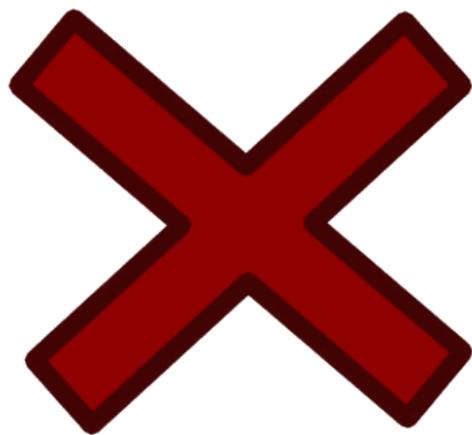


Making a person do something by hurting, humiliating or threatening them.



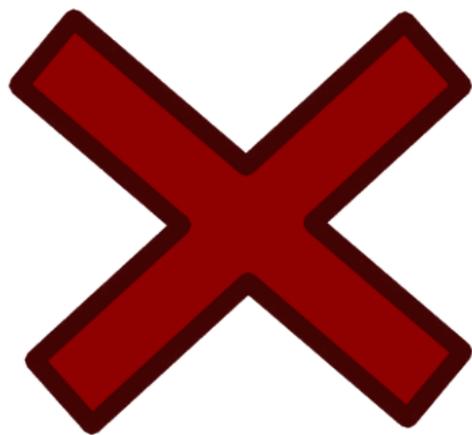


Putting a person under 18 years somewhere on their own where they can't leave when they want to.



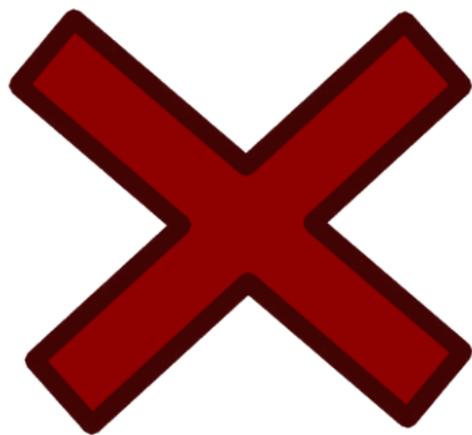


Giving a person  
medicine that was  
prescribed for  
someone else.





Denying someone's basic needs (like not letting them go to the toilet) in order to punish or coerce them.



These blank cards are for you to add your own scenarios.

For your feedback or to make a suggestion about the Restrictive Practice Activity Cards, please email [admin@waindividulaisedservices.org.au](mailto:admin@waindividulaisedservices.org.au)













