



Restrictive Practice Activity cards

for First Nations people,
their families and
their disability services.

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



These cards are adapted from the *Strong Families Practice Activity Cards*, cultural adaptation from the original *Microboards Australia ITaBW* card set.

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

<https://itabw.org.au/learning-hub>

WAiS acknowledges original artwork created by Gertrina Hayden.



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

Uniting



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Australia

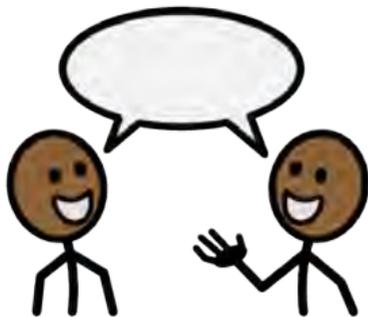


These cards have been updated by WAiS and Microboards Australia to incorporate the NDIS Quality & Safeguards Framework and are funded by the Department of Communities, Disability Services.

Prohibited practices align with the Department of Communities Authorisation of Restrictive Practices in Funded Disability Services Policy and apply to Implementing Providers and NDIS Behaviour Support Practitioners that are operating in WA. This information is current as at May 2022.



Context and Conversation



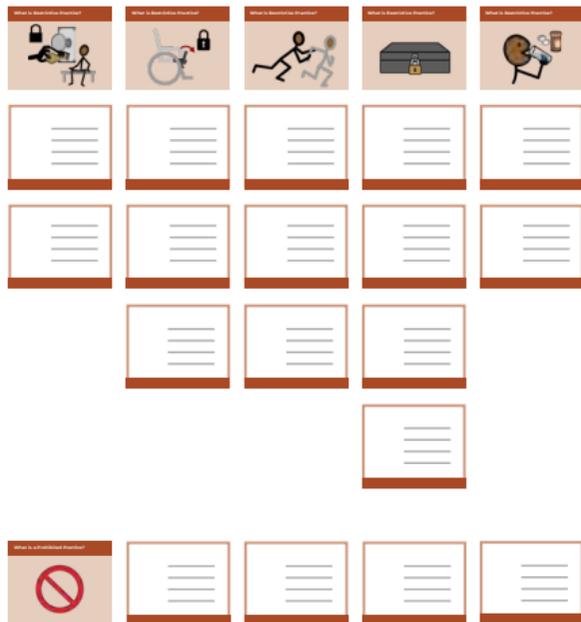
Context is everything. What might be a restrictive practice for one person, may not be for someone else. There are many factors to consider for each individual scenario based on each person's individual needs.

These cards are intended to be a conversation starter and to explore what type of restrictive practice is being used and implications for practice.



Restrictive Practice

Activity Cards



Lay out the 6 header cards:

- 5 restrictive practices cards
- 1 prohibited practices card

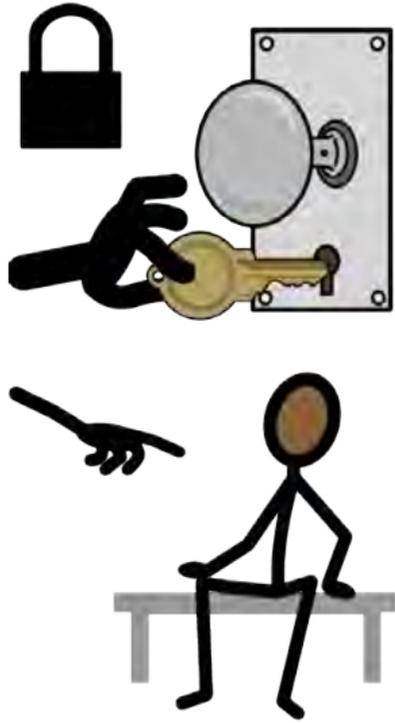
Discuss how each scenario may be a restrictive practice and what kind. Match the example cards to one of the 5 types of restrictive practice or the prohibited practice.



What is Restrictive Practice?



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



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.

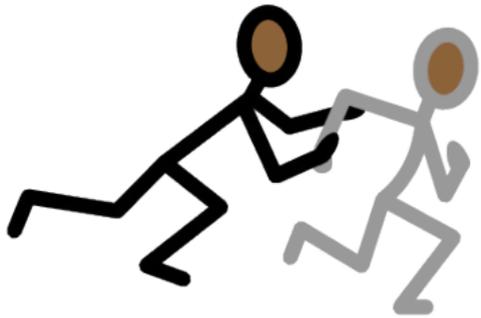


Mechanical restraint

This is when something is put on a person to stop them moving in order to change their behaviour.

Physical restraint

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



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.



Chemical restraint

This is when a person is given medicine which is not for a diagnosed medical or mental health condition and the primary purpose of the medication is to change their behaviour.



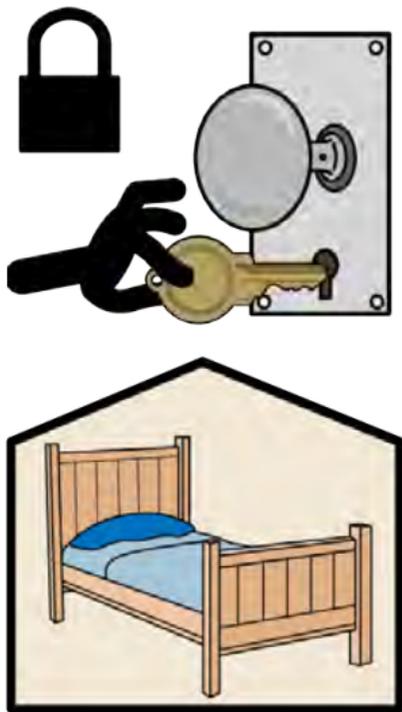
What is Prohibited Practice?



An action or practice that is **never** ok and will never be included in a behaviour support plan.



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.



Making a person stay inside whilst everyone else goes outside.





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



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



Giving a person medicine to change 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.



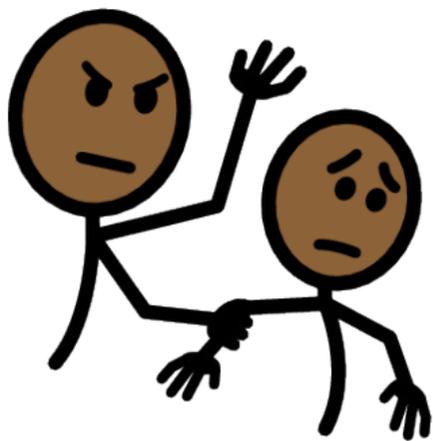
Using splints, restrictive clothing or equipment which stops a person from hurting themselves or others.



Using medication to
reduce sexual arousal.



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.



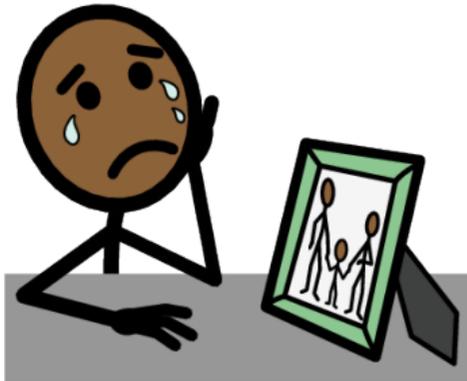
Keeping things a person likes locked in a cupboard so they can not get them.



Locking food away in
a cupboard or fridge.



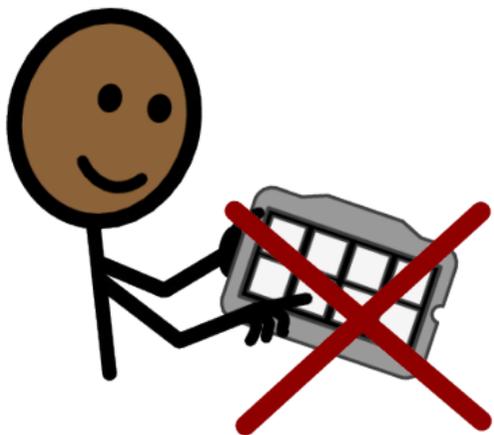
Stopping people from using anything that might hurt themselves or others.



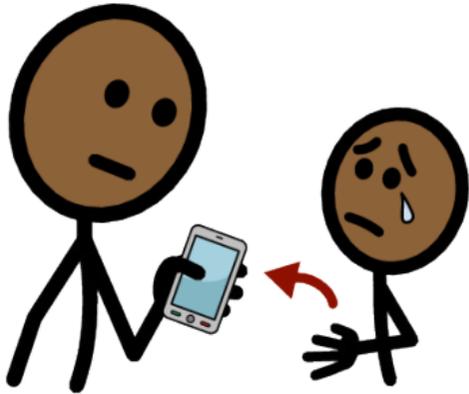
Stopping the person from spending time with the people they want to be with.



Not allowing a person to make decisions about how to spend their own money.



Not making sure
that the person has
their communication
system with them at
all times.



Stopping a person from using 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.



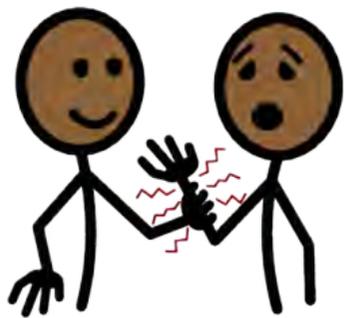
Punishing the person
by taking away
something they like.





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.





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 bully 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@waindividualisedservices.org.au









