

# Restrictive Practice Activity Cards

for people, their  
families and their  
disability services

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



**Understanding  
Me**

# Uniting



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>



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

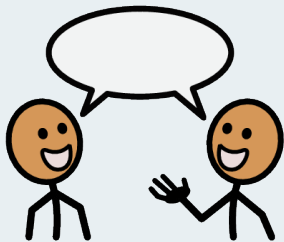
These cards have been updated by WAIS and Microboards Australia to incorporate the NDIS Quality & Safeguards Framework and are funded by the Department of Communities, Disability Services.

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

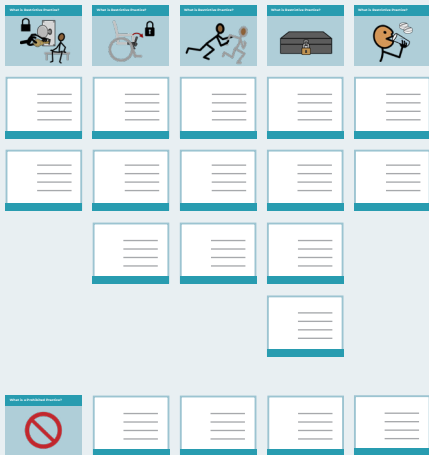


Context is everything. What might be a restrictive practice for one person, may not be for someone else. There are many factors to consider for each individual scenario based on each person's individual needs.

These cards are intended to be a conversation starter to explore and make decisions about what type of RP it is and implications in practice.



# Restrictive Practice Activity Cards



Lay out the 6 header cards:

- 5 restrictive practices cards
- 1 prohibited practices card

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



# What is Restrictive Practice?

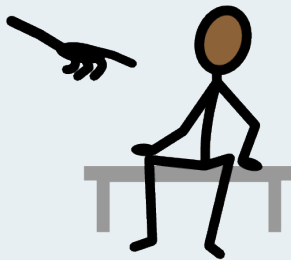
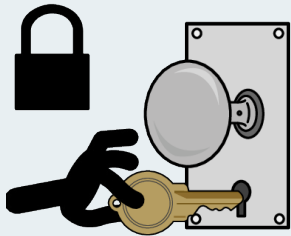


When people who support a person with disability do something that restricts the person's rights or their freedom to move.





# What is Restrictive Practice?



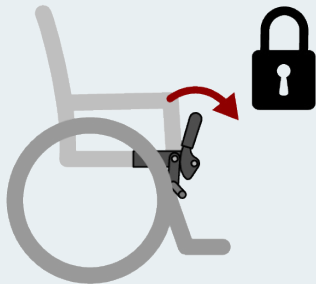
## Seclusion

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?

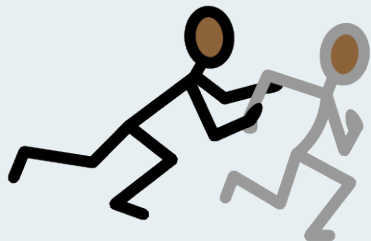
## Mechanical restraint



This is when something is put on a person to stop them moving in order to change 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?



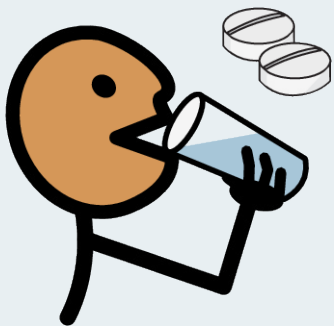
## Environmental restraint

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 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 a Prohibited Practice?



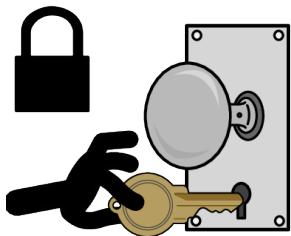
An action or practice that is **never** ok and will never be included in a behaviour support plan.





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

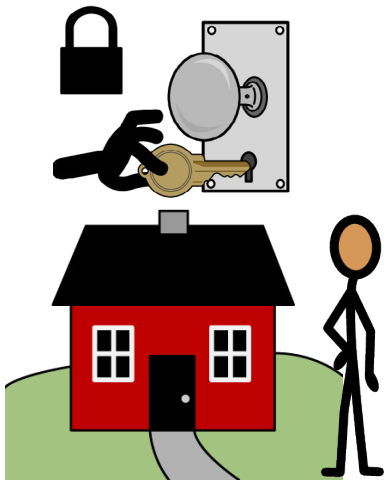




Locking a person  
in their room.

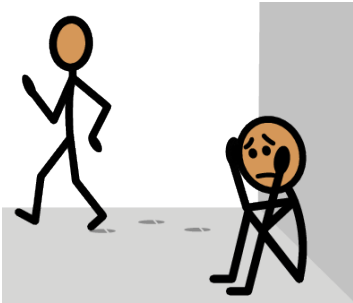






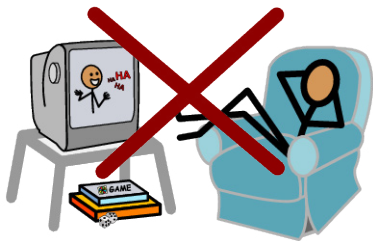
Locking a person  
outside on their own  
until they calm down.



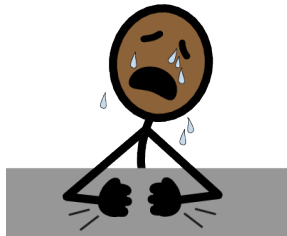


Making a person stay  
inside whilst everyone  
else goes outside.





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.

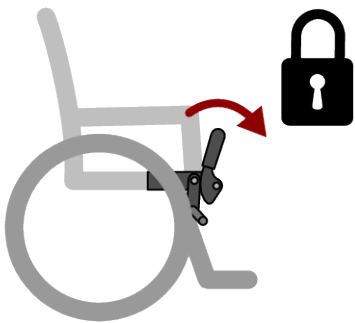






Giving a person medicine to change their behaviour which is used for a physical condition when they do not have a physical condition.





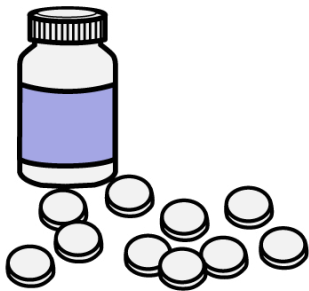
Putting wheelchair brakes on to stop the person going where they want to go, if they cannot take the brakes off themselves.





Using equipment to stop a person from hurting themselves or others and not primarily for therapeutic purposes.





Using medication to  
reduce sexual arousal.

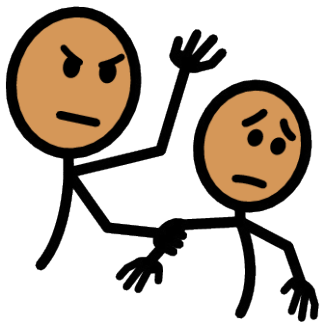






Using your body to  
block a person from  
going where they  
want to go.





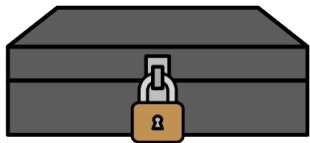
Taking the person's hand to stop them going where they want to go, or to force them to go where you want them to go.





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

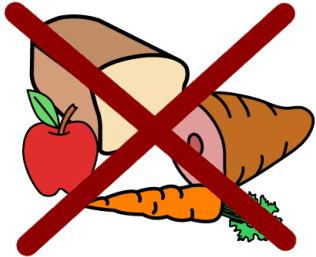




Keeping things a person  
likes locked in a cupboard  
so they can not get them.







Locking food away in  
a cupboard or fridge.





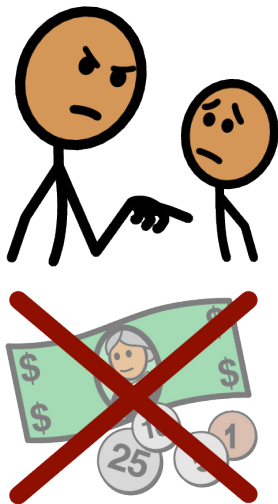
Stopping people  
from using anything  
that might hurt  
themselves or others.





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

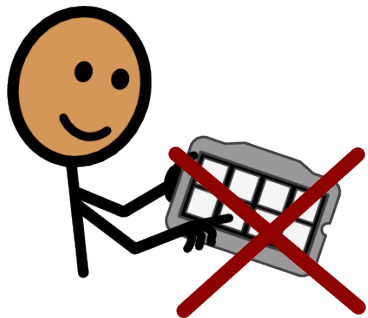




Not allowing a person  
to make decisions  
about how to spend  
their own money.

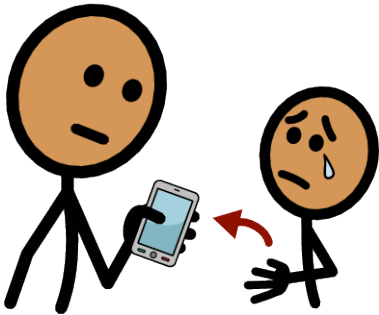






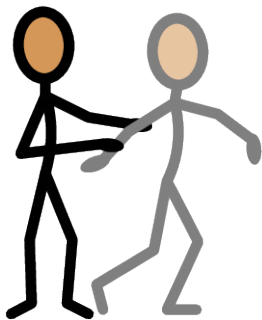
Not making sure  
that the person has  
their communication  
system with them at  
all times.





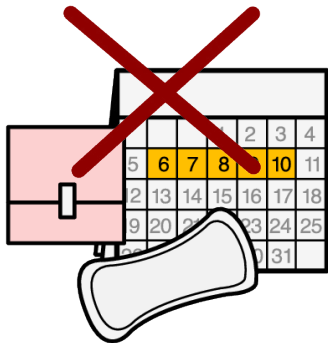
Stopping a person from  
using their own things  
eg. phone, ipad or  
cigarettes.





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

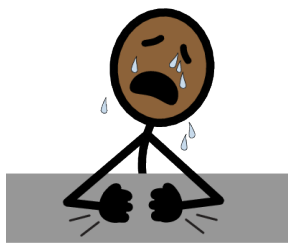




Using medication  
without consent to stop  
women menstruating  
when it has not been  
prescribed for a  
medical condition.







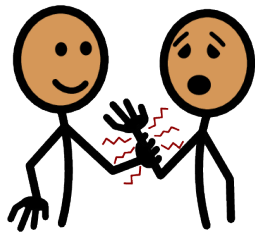
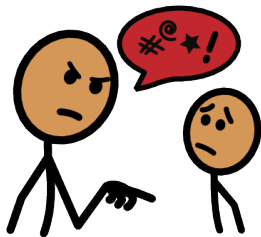
Punishing the person  
by taking away  
something they like.





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](mailto:admin@waindividualisedservices.org.au)















