



7.3.2.1 Eliminating Restrictive Practices

Objective

Camp Kiah aims to use the least restrictive practices, for the shortest duration possible, while providing safe and consistent support for young people.

To support Camp Kiah to apply the National Standards for Disability Services.

To explain how Camp Kiah will implement its policy on restrictive practices.

The Victorian Code of Practice for the Elimination of Restrictive Practices considers the following practices as restrictive:

- *Seclusion* - confining a person to a room or physical space, on their own and preventing them from leaving day or night.
- *Chemical* - using medication or a chemical substance for the primary purpose of controlling a person's behaviour. This does not include prescription medication used to treat illness or disease.
- *Mechanical* - using a device to prevent, restrict or subdue a person's movement or to control a person's behaviour. This does not include devices used for therapeutic purposes.
- *Physical* – using physical force to prevent, restrict or subdue a person from moving for the primary purpose of controlling a person's behaviour. This does not include physical assistance or support related to duty of care or in activities of daily living.
- *Environmental* - restricting a person's free access to all parts of their environment. Examples include physical barriers, locks, limiting use of personal items and limiting social engagement by failing to provide necessary support.
- *Psychosocial* - using power-control strategies that include but are not limited to requiring a person to stay in one place until told they can leave, directing a person to remain in a particular physical position (e.g. lying down), ignoring, withdrawing privileges or otherwise punishing as a consequence of non-cooperation.

Procedure

Please see the Camp Kiah Eliminating Restrictive Practices Easy Read document.

Planning and support

Behaviour support plans are developed by the young persons behaviour support practitioner and sent to the program coordinator and APO prior to their stay (where possible). This plan should include strategies to develop the necessary skills and any environmental changes needed.

Restrictive practices will be documented in each person's behaviour support plan. The restrictive practices section will include the type of restrictive practice that is being used, why it is being used, the time limits for use, date of approval by the positive behaviour support panel and any least-restrictive practices that have been tried.

When restrictive practices are required, all stakeholders relevant to the individual will be involved and the informed consent of the person, their family and/or guardian is required for any use, implementation and/or removal of restrictive practice.

All action plans are recorded on a restrictive practice register which is managed by the APO

Responsibilities

All staff are responsible for the continued identification and reporting of any new restrictive practices.

All staff must follow the person with disability's positive behaviour support plans and support the elimination of restrictive practices. Staff are required to undertake mandatory training and must comply with the requirement in the nominated timeframe.

Appropriately trained staff monitor practice for effectiveness, and this includes ensuring staff have sufficient skills to identify new restrictive practices and sufficient knowledge and ability to meet the requirements. These qualified staff members are responsible for training staff so they can meet their responsibilities. This includes maintaining a register of staff training related to restrictive practices policy and procedure.

The APO is responsible for ensuring all unplanned restrictive practices are added to the register.

Reporting

If unplanned restrictive practices are applied due to an incident, the incident and the restrictive practice must be reported immediately to your program coordinator within 24 hours and an incident report completed. A serious incident report may also be required please refer to the Incident report policy.

APO will provide reports regarding restrictive practices at each committee meeting.

Review and Evaluation

Camp Kiah will take part in all behaviour support reviews for young people accessing services with restrictive practices. These reviews will take place no less than yearly. Where the review is not prompted by the appropriate care team member for the young person the Camp Kiah APO will prompt the review.

The assessment process examines whether the person with disability's current social, cognitive, emotional and/or environmental needs are being met. It also includes a review of whether the person requires support to make decisions, the type of restrictive practices being used, why they are being used and the implications if restrictive practices were removed.