Guidelines for Using Restrictive Practices

DEFINITION

Restrictive Practices:

Day to day care giving practices that limit, restrict, or control aspects of behaviour that any other adult would have the right to choose for themselves.

Conditions for Using Restrictive Practices:

These practices are usually established in the best interest of individuals, who may not be capable of exercising adequate levels of self-control. They are usually established to ensure that the level of risk to an individual’s health and safety remains at a level that is normally acceptable. This may include assisting individuals to establish limits or boundaries that facilitate the sharing of supports and resources, while respecting their rights, preferences and abilities.
Reasons to Use Restrictive Practices

Individuals who NEED:

- Structure
- Support
- Assistance with Basic Needs
- To be protected from a lack of self-control
- Risk Management
- Limits or boundaries that facilitate sharing Supports and Resource.

ANY Restrictive Practice Must Respect the Rights, Preferences, and Abilities of all of the Individuals that are affected.
Other Motivations

- This is good for you so you should accept it
- This was a logical consequence in that situation (Discipline)
- I don’t like this ... so you won’t be doing that with me
- This is for your own good
- Oprah Inspired Practices
  - Someone told me to do this. Guardians, Doctors, Colleagues (e.g. orientation)
- You need to do this to meet your goals
- We’ve always done it this way
Some Examples of Restrictive Practices

Committee Members have observed all of these practices. They are not recommended or endorsed. Some should never be used. Each practice should be evaluated considering the situation it is to be used in.

**Locks:**

1. Locking Individuals out of their homes
2. Not being allowed to stay home sick because of staffing shortages
3. Restricting access to certain rooms
4. Placing objects out of reach
5. Being locked out of own room
6. Automobile Windows and Doors
7. Cupboards and Refrigerators.

**Other Restricted Access:**

1. Bank account or Spending Money
2. Not allowed to shop for self
3. Need permission to purchase anything
4. Limited choices for restaurants, activities, religion
5. Not allowed to bring what they want on a trip or a day program
6. You can’t have a pet
7. Individual is not allowed to use glass mugs because of breaking one in the past.

**Social:**

1. Restricting or regulating friendships and relationships
2. Limiting sexual preferences and practices
3. Keeping people separate due to past problems.
Treatment:

1. Individual is not allowed to pursue interest because it may be obsessive-compulsive behaviour.
2. Giving medications to an individual to put them to sleep or to make job easier.
3. Individual shows his collection of papers to strangers. Told he must leave papers at home or not go out.
4. Restricted bedding choices due to incontinence.

Nutrition:

1. Making assumptions regarding what individuals want to eat, and ordering for them without asking.
2. Imposed dietary values –
   - No butter on popcorn
   - No soda pop
   - No alcohol
   - Must have so much water per day
3. We can either go to McDonald’s or Wendy’s for dinner. We are not going to the Chinese Restaurant.
4. You can’t have three lumps of sugar in your tea because I don’t think it’s good for you.
5. You are on a diet so you are not allowed to eat that.
6. You can only have diet pop because your guardian says so.
**Supervision:**

1. Making an individual wear weather appropriate clothing -
   - Allowing an individual to wear summer clothes in winter, because it is easier
2. Mandatory Supervision – you are not allowed to go outside unless I go with you
3. Support workers accompanying individuals to the washroom
4. You wait in the car while I go in. It will be faster that way.
5. When you are in my car I control the windows
6. You must keep your personal living area really tidy because that’s the way I like it
7. You have to go for a walk now because I want to. Or, you can’t …
8. Guardian demands that sleeping in should not be allowed on Saturdays because it leads to slothfulness.
9. You have to go to bed now.

**Health:**

1. Support Worker decides which hospital an injured individual would go to because they did not like the closer one
2. Cigarettes –
   - Your smoking must be supervised
   - Cigarettes locked away and issued throughout the day
   - You must roll your own as it is cheaper and you cannot afford the others
   - Staff allowed to borrow cigarettes when they run out
   - Extremely high health risk.
3. Individual not allowed to go swimming with open sores
4. Individual must take herbs or vitamins
Personal Preferences:

1. Individual not allowed to grow facial hair

2. You can’t listen to Western or Rock music, because I don’t like it

3. You can’t have pictures of naked Men or Women on your bedroom wall because it offends me.

4. Bedtime is at 10:00 p.m. but individual is interested in a movie. Support Worker turns off lights and shuts off TV Afraid that individual would not get up in the morning.

5. Individuals not allowed watching movies or reading books with certain content.

6. You may only have coffee at mealtime and breaks. I can have coffee whenever I want.