

Restrictive Practices



What is a restrictive practice?

A restrictive practice is something we do to stop you from:



Hurting yourself



Hurting someone else



Damaging something



Restrictive practices are used to keep you and others safe

Examples of restrictive practices



Staff might move you to another room



Staff might give you medication, this might be:

- Every day
- Or just occasionally when you need it



Staff might need to physically stop you from hurting yourself or someone else

When can staff use a restrictive practice?

We respect your right to make decisions about your life, we can only use a restrictive practice if:



You, your Guardian or Person Responsible agree



You have a Behaviour Support Plan



The Behaviour Support Plan tells staff how to use the restrictive practice



A panel of people have checked all information and agree:

- This is the best way for you to be safe
- We won't do this forever
- We will try different ways to keep everyone safe

What staff are not allowed to do?

Staff, volunteers and visitors are not allowed to do some things:



They can't hurt you



They can't punish you



They can't make you feel bad about something you have done



They can't give you medication unless the Doctor says it is ok to



They are not allowed to stop you from having food, drink, clothes or from going to the toilet

What does New Horizons need to do?

We will:



Check that this is the only way to keep everyone safe



Tell NDIS we are using a restrictive practice



Report every time we use a restrictive practice



Stop when it is not needed any more



Write a report if it is not being used right,

We will also make sure you are ok



A panel of people will check we are doing the right thing

What to do if you have a problem?

If you don't like the way someone is treating you, you can tell us:



We have a policy for making a complaint, it explains how you can tell us if you have a problem.

Contact us



1300 726 372



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