

Restrictive Practices and Behaviour Support Policy – Aged Care and NDIS

Your rights matter

Videri believes everyone has the right to:

- Be safe
- Be treated with dignity and respect
- Make choices about their own life
- Be free from unnecessary restrictions

Restrictive practices are only used as a last resort.

What is a restrictive practice?

A restrictive practice is something that **limits a person's movement, choices, or behaviour.**

Examples include:

Chemical restraint:

using medicine to change behaviour

Physical restraint:

holding a person to stop movement

Mechanical restraint:

using equipment like belts or straps

Seclusion:

keeping a person alone in a room

Environmental restraint:

locking doors or limiting access to areas or items

Our commitment

Videri is committed to:

- Reducing and removing restrictive practices wherever possible
- Using positive behaviour approaches to support trauma informed care
- Respecting human rights at all times
- Never using restrictive practices as punishment or for convenience

When can a restrictive practice be used?

A restrictive practice may only be used when:

- There is a serious risk of harm to the person or others
- All other safer and less restrictive options have been tried
- The practice is the least restrictive option available
- It is used for the shortest possible time
- It is clearly documented and monitored

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Consent and decision making

Before a restrictive practice is used:

- The person must give consent if they are able to
- If they cannot, consent must be given by a legally authorised decision maker
- Information must be explained in a clear and accessible way

People and families are involved in decisions wherever possible.

Behaviour Support Plans

If a person has ongoing unmet needs or behaviours of concern:

- A Behaviour Support Plan (BSP) is developed
- The plan explains:
 - What support works best
 - How to reduce stress and unmet needs
 - How to avoid restrictive practices
- If a restrictive practice is needed, it must be written in the plan

NDIS participants:

- Plans are developed by a registered Behaviour Support Practitioner
- Regulated restrictive practices must be authorised by the department of communities and justice and reported under NDIS rules

Aged Care residents:

- A behaviour support plan will be developed as part of our flourishing plan as part of our unmet needs strategies and a specialist can be engaged for support as needed
- Restrictive practices will comply with the Aged Care Act and Quality Standards

Emergency situations (NDIS and Aged Care)

Sometimes an emergency happens.

If there is immediate danger:

- The least restrictive action may be used to keep people safe
- The restriction must stop as soon as the danger has passed
- A Registered Nurse or Clinical Manager must be contacted straight away
- The incident must be recorded and reviewed

What is not allowed

Videri never allows:



These actions are against the law and Videri values.

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Monitoring and review

When a restrictive practice is used:

- The person is closely monitored
- Their wellbeing is checked often
- The practice is reviewed regularly
- The goal is always to reduce and stop the practice

Training and support

Videri team members will receive training and support on:

- Positive behaviour support and implementing strategies for unmet needs
- De escalation and calming strategies
- Human rights and dignity
- Legal rules about restrictive practices

Reporting and concerns (NDIS and Aged Care)

If a restrictive practice is used:

- It will be reported and documented as per legislation
- Serious incidents are reported to the right authorities

If you are worried or have questions:

- Speak to a Videri homemaker or any other Videri team member
- Ask for support from a manager or nurse
- Contact our support office

Key message

Restrictive practices are a last resort.

Videri's focus is on:

- Understanding and supporting our residents with their unmet needs
- Providing safe, respectful support
- Helping people live full and meaningful lives