

Restrictive Practices Policy

Record of Procedure Development

Version	Date approved	Date of last review	Date for next review
2.0	January 2026	December 2025	December 2027

Policy Context

Organisation related policy	- Human Rights - Provision of Supports
-----------------------------	---

PURPOSE

The primary purpose is to:

- **Ensure Safety:** Protect the person with disability and others from harm.
- **Protect Human Rights:** Uphold the rights, dignity, and autonomy of people with disability, minimizing breaches to their freedom.
- **Reduce and Eliminate:** Systematically reduce and eliminate the use of Restrictive Practices (RP) through proactive, person-centered positive behaviour support.
- **Ensure Accountability:** Monitor, report, and authorize the use of restrictive practices to ensure they are used appropriately.

SCOPE AND LIMITATION:

This policy applies to all Compassionate Care WA staff and locations of service delivery.

POLICY STATEMENT:

- **Last Resort:** RP Must only be used, when necessary, to prevent harm, and after other, less restrictive options have been tried.
- **Evidence-Informed:** Based on behaviour support plans (BSPs) that are developed by specialists and reviewed at least every 12 months.
- **Proportionate:** The restriction must be proportionate to the potential risk of harm.
- **Authorized:** Must be authorized according to state/territory legislation and included in a behaviour support plan.
- **Unauthorized:** Carried out to save a client from significant harm, must be reported to the NDIS Quality and Safeguarding Commission and the Behaviour Support Practitioner for consideration in plan updates.

DEFINITION OF TERMS:

Term	Definition
Regulated Restrictive Practices	Any of the five distinct categories of restricted practices.
Positive Behaviour Support (PBS)	An evidence-based strategy that goes beyond behaviour management to enhance quality of life.
Behaviour Support Strategy (BSP)	A practitioner's recorded strategy outlining how to assist an individual while minimizing the need for restrictive measures.
Last Resort	To prevent injury, restrictive measures should only be employed when all other, less restrictive choices have been exhausted

RESPONSIBILITIES:

Restrictive techniques under the NDIS are highly regulated interventions (such as chemical, environmental, mechanical, physical, or seclusion) that restrict a participant's rights; they are only allowed as a last resort to prevent injury and must be part of a behaviour support plan that has been authorized. In addition to obtaining a state or territorial license, providers must guarantee safety, submit monthly reports through the NDIS Commission Portal, and strive to minimize or eliminate their use.

NDIS PRACTICE STANDARDS AND QUALITY INDICATORS:

Each participant is only subject to a restrictive practice that meets any state and territory authorization (however described) requirements and the relevant requirements and safeguards outlined in Commonwealth legislation and policy Restrictive Practices

To achieve this outcome, the following indicators will be demonstrated for each client:

- Knowledge and understanding of regulated restrictive practices as described in the NDIS (Restrictive Practices and Behaviour Support) Rules 2018, any relevant state or territory legislation and/or policy requirements and processes.
- With clients consent, their support network, providers implementing behaviour support plans, and other relevant stakeholders are engaged in discussions about the need for restrictive practices and supporting strategies are proportional to the risk of harm to the client and others.
- Behaviour support plan or interim behaviour support plan will includes strategies that will lead to the reduction and elimination of any restrictive practices.
- Support is provided to other providers implementing a behaviour support plan, in delivering services, implementing strategies and evaluating the effectiveness of current approaches aimed at reducing and eliminating restrictive practices.

GUIDELINES:

The National Disability Insurance Scheme (Restrictive Practices and Behaviour Support) Rules 2018 regulate NDIS restrictive practices and must be approved, recorded, and evaluated before being used as a last resort to avoid harm.

The Five Regulated Types:

- Chemical restraint refers to the use of medication to control behaviour or limit movement.
- Environmental Restraint: Limiting entry to spaces (e.g., removing objects, locking doors).
- Mechanical Restraint: Equipment that limits mobility, such as bed rails and seatbelts.
- Physical Restraint: Using physical force to stop, limit, or control movement.
- Seclusion: Putting someone in a room by themselves and preventing them from leaving.

Regulatory Conditions:

- Needs state or territorial authorities' approval.
- A Positive Behaviour Support (PBS) plan must incorporate this.
- It must be the option with the fewest restrictions for the shortest amount of time.
- Strict supervision is needed for high-risk procedures (such as basket holds and chemical restraint without a diagnosis).
- The NDIS Quality and Safeguards Commission must receive reports from registered providers regarding the use of restrictive practices.

Obligations for Providers

- Implementation: implementing providers must follow the behaviour support plan, use the least restrictive option, and monitor the impact.
- Reporting: monthly reporting of the use of regulated restrictive practices to the NDIS Commission is required.
- Unauthorized usage: unauthorized restrictive practices must be reported as a "reportable incident" to the NDIS Commission within 5 business days.
- Training: workers must be trained in positive behaviour support and in implementing the specific behaviour support plan.

Impact Statement Requirements

- To ensure rights are protected, providers may be required to produce an impact statement, which assesses:
 - The potential harm caused by the restriction.
 - The necessity and scale of the restriction.
 - The search for less restrictive alternatives.

RELATED POLICIES

Statement for the Reduction and elimination of restrictive practices.