

# Minimising Restraint - Residential Aged Care Facilities

**PHYSICAL RESTRAINT**

**CHEMICAL RESTRAINT**

**THE IMPACT OF RESTRAINT**

- LOSS OF INDEPENDENCE
- PRESSURE INJURIES
- FALLS
- FEELING LOCKED IN
- BOREDOM

IS IT RIGHT?

IS IT NEEDED?

IS THERE A BETTER WAY?

**ASSESS THE PERSON'S NEED. GAIN INFORMED CONSENT IF RESTRAINT IS REQUIRED AND REVIEW REGULARLY**

**HAVE POLICIES IN PLACE FOR SUPPORTING RESTRAINT FREE PRACTICES**

**MINIMISING RESTRAINT POLICY**

**FIND WAYS TO MEET THE PERSON'S NEED THAT AVOID RESTRAINT. TRAIN STAFF ON RESTRAINT FREE PRACTICES**

Current as at 4th November 2020