

# Restrictive Practice

## Easy Read

### Your Rights

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You have the right to decide what happens during your supports with Crosslinks.

Our staff will make sure you can choose what happens in your day, as much as possible.

### Behaviours of Concern

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A behaviour of concern is something that could hurt yourself or someone else. For example:



Hitting someone or hitting yourself



Yelling at someone



## Breaking something



If you have behaviours of concern, you may have a Behaviour Support Practitioner.

They are someone who helps when there may be behaviours of concern you and staff need some help with.



Crosslinks will always talk to you about any Restrictive Practice that may be needed.

We will always work to try to try and find other ways to keep people safe, and use less Restrictive Practices.

Crosslinks trains all our staff on Restrictive Practices. This helps them keep everyone safe and find ways to use less Restrictive Practices.

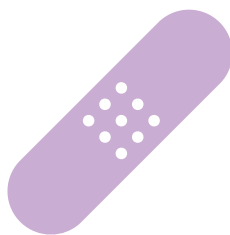


## What is Restrictive Practice

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A restrictive practice is something that is put in place that stops you doing what you choose.



A restrictive practice is used when people are trying to keep you and others safe from being hurt by a behaviour of concern.

It cannot be used unless it is to keep people safe.



Crosslinks must try to help you get a behaviour support practitioner to help us stop using the practice but keep everyone safe.



**NDIS Quality  
and Safeguards  
Commission**

There are rules around using a restrictive practice.

Crosslinks must report every time they use any restrictive practice to the Commission.



Crosslinks must work with your behaviour support practitioner to stop using the restrictive practice and keep everyone safe.

If you do not have a behaviour support practitioner, Crosslinks must help you find one.

## Types of Restrictive Practice

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There are 5 types of Restrictive Practice that can be used.



Physical Restraint is where someone uses their body to stop you doing something.

They might grab, hold you, or push you away with their body.



Mechanical Restraint is when something is used to stop you doing something.

It might be straps on to stop you pulling out something medical.

It could be bed rails to stop you getting out of bed alone and getting hurt.



Chemical restraint are medicines that come from your doctor.

They are medicines to help behaviours.

They are not medicines to help you when you are sick.



Environmental is when you cannot get to something that is yours or leave when you want to.

It could mean the front door is locked, and you do not have a key

Someone might put things like the remote or food somewhere you can not reach.



Seclusion is when you are left alone.

Someone may keep you somewhere you don't want to be, like tell you to stay in your room alone.

People may leave you alone, when you are upset, angry, or don't want to be alone.

## Help with Restrictive Practice

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If you want to talk to someone about a restrictive practice you can:

Talk to someone you trust.

Talk to your behaviour support practitioner.

Talk to someone at Crosslinks. You can also bring someone you trust when you talk with Crosslinks.

You can speak to your Support Coordinator or Area Manager.

