



# What are restrictive practices?



Some people with a disability have behaviours of concern. Behaviours of concern are also known as challenging behaviours.

Behaviours of concern should be helped with positive behaviour support.



Positive behaviour support means supporting a person to learn skills to stop their behaviours of concern.

Some positive behaviour strategies may involve a restrictive practice. This has to be authorised.

A restrictive practice takes away your rights or freedom.



Authorisation means a restrictive practice has been approved to keep you safe or others around you safe.

The National Disability Insurance Scheme (NDIS) has rules about restrictive practices.

**The rules say there are 5 types of restrictive practices.**



**Seclusion** is when you are put in a room or space on your own and you cannot get out.



**Chemical restraint** is when you are given medication to stop your behaviour.



**Mechanical restraint** is when equipment is used on you to stop you from doing something.



**Physical restraint** is when someone stops you from moving.



**Environmental restraint** is when someone stops you from doing things in your house or outside.

Some things are never allowed. These are prohibited practices.



The NSW Government is consulting with people across NSW to see how we can manage restrictive practice authorisation better.



We want to ask questions such as

- What principles should guide the authorisation of restrictive practices?
- How should people participate in the authorisation of restrictive practices?
- Where should restrictive practices authorisation be required?
- Who should make decisions about authorising restrictive practices?



There are different ways everyone can have their say and contribute.

 Online survey <https://bit.ly/2KWh2yU>

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 Online webinars

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 Face to face consultation groups across the state

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 Send in a written letter to GPO Box 5341 Sydney NSW 2001 or email it to [RPA.Review@dpc.nsw.gov.au](mailto:RPA.Review@dpc.nsw.gov.au)

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 For more information visit [www.nsw.gov.au/rpareview](http://www.nsw.gov.au/rpareview)



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