



Restrictive Practices Activity cards for Aboriginal people, their families and their disability services.

These cards help you think about types of restrictive practices.

What is restrictive practice?



When people who support a person with disability do something that restricts the person's rights and their freedom to move.

Restrictive Practices Activity Cards.



Lay out the 6 header cards for types of restrictive practice.

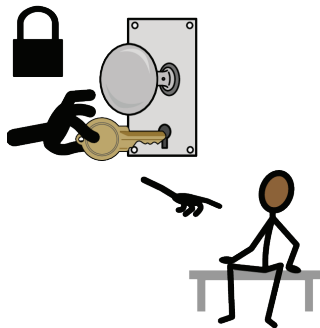
Match the example cards to one of the 6 types of restrictive practice.

What is restrictive practice?

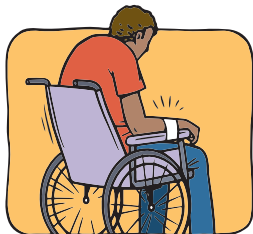


Seclusion

This is when a person is put in a room or place which they can't leave when they want to.



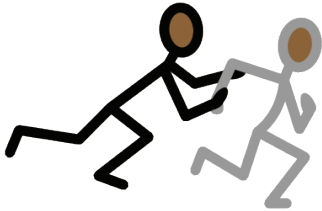
What is restrictive practice?



Mechanical restraint

This is when something is put on a person to stop them moving.

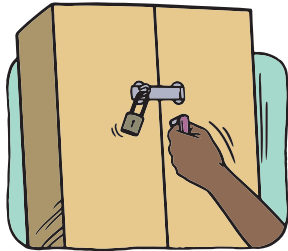
What is restrictive practice?



Physical restraint

This is when people use their hands or body to stop the person moving.

What is restrictive practice?

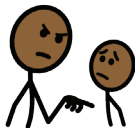


Environmental restraint

This is when a person cannot get what they want, when they want it.

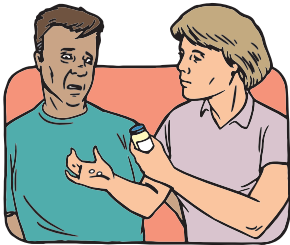
What is restrictive practice?

Psycho-social restraint



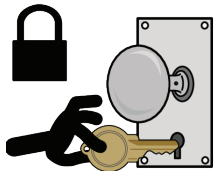
This is when people control what the person can do, what they can have and who they can see.

What is restrictive practice?



Chemical restraint

This is when a person is given medicine and chemicals to control their behavior.

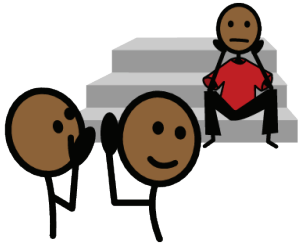


Locking a person in their room.





**Locking a person
outside until they
calm down.**

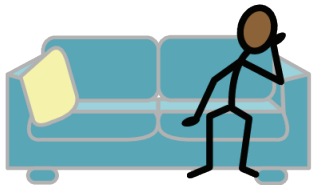


Leaving the person
out.

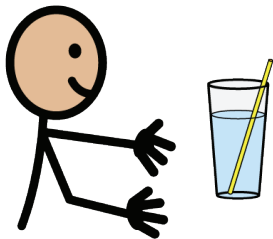
Not including them.



Blowing smoke on a person to calm them down or stop them from hurting other people.

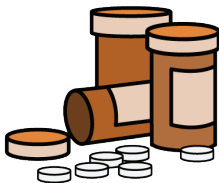


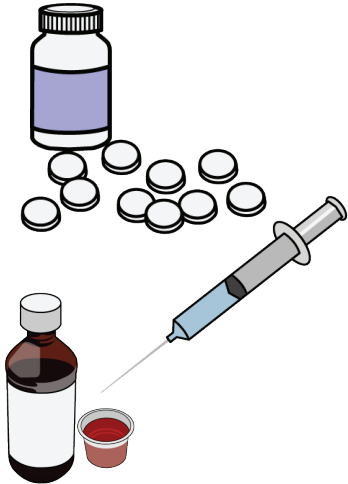
Putting alcohol in
a person's drink
to help them calm
down.



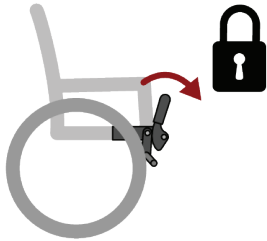


Giving a person medicine which is used for mental illness when they do not mental illness.





**Prescribing medicine
at higher doses,
or adding other
medicines to control
a person's behaviour.**



**Putting wheelchair
brakes on to stop the
person going where
they want to go.**



Using splints or restrictive clothing to prevent a person from moving the way they want to.



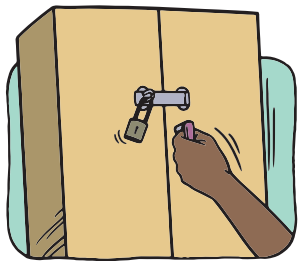
Using nappies
instead of teaching
the person to use the
toilet.



Using your body to block a person from going where they want to go.



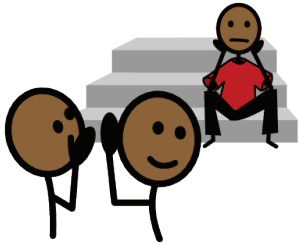
Taking the person's hand to stop them going where they want to go, or to force them to go where you want them to go.



Keeping things a person likes locked in a cupboard so they can not get them.



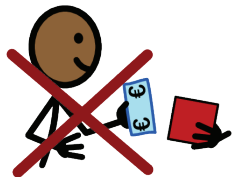
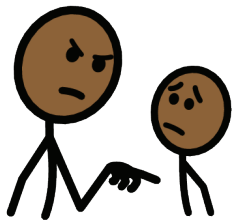
**Locking food away in
a cupboard or fridge.**



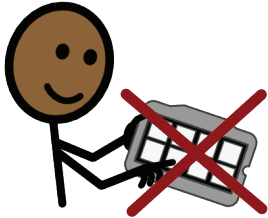
**Leaving a person out
of a conversation**



Stopping the person from spending time with the people they want to be with.



Not allowing a person to spend money on what they want.



**Not making sure
the person has their
communication
system with them.**



**Punishing the person
by taking away
something they like.**



Holding a person's arms to stop them from hitting themselves.



Strapping a person's arm so they can't use it in ways they want to.