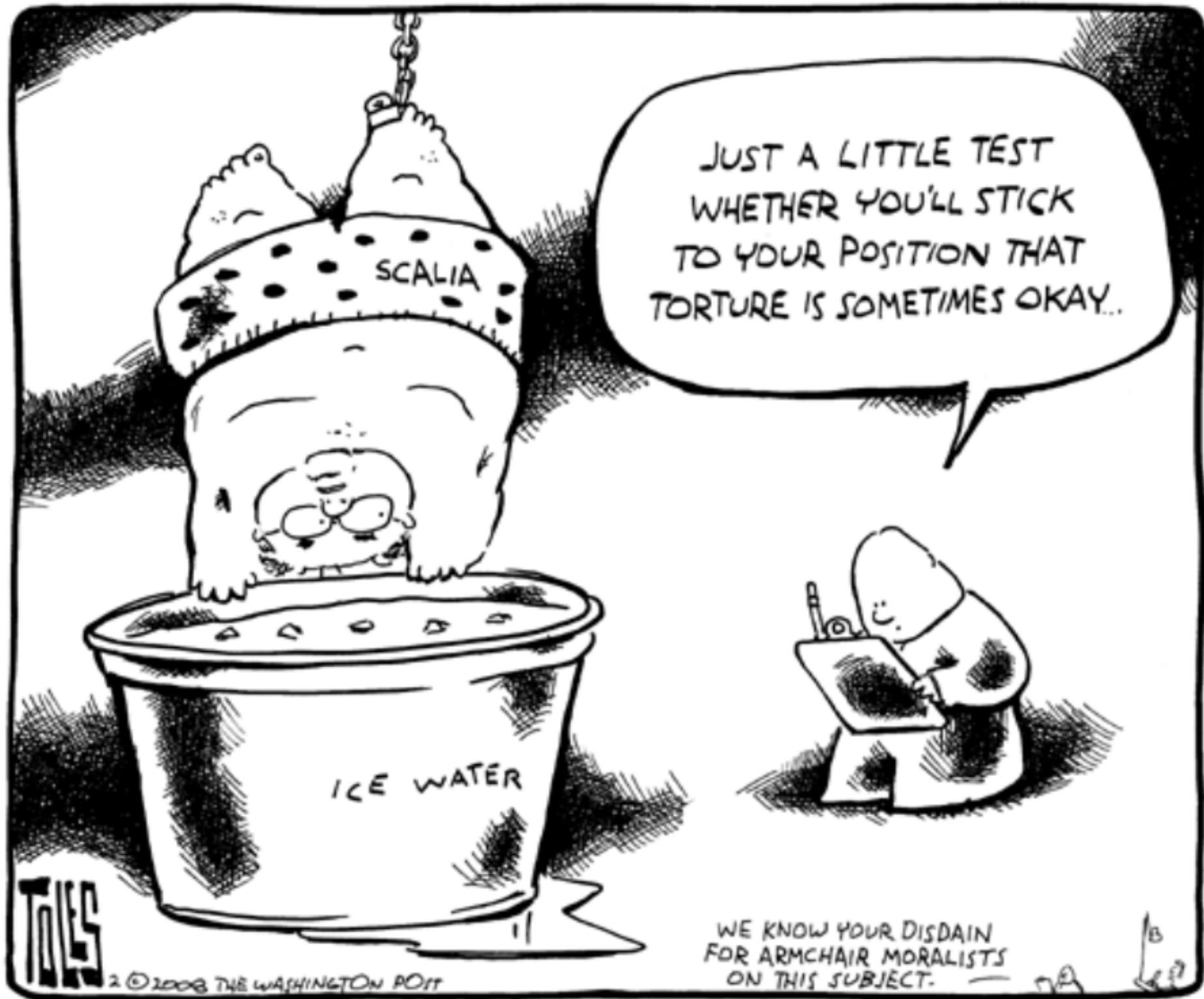




Elimination of Restrictive Practices in New Zealand: Are we on track?

NZASID Conference
August 2009





JUST A LITTLE TEST
WHETHER YOU'LL STICK
TO YOUR POSITION THAT
TORTURE IS SOMETIMES OKAY..

ICE WATER

SCALIA

WE KNOW YOUR DISDAIN
FOR ARMCHAIR MORALISTS
ON THIS SUBJECT.

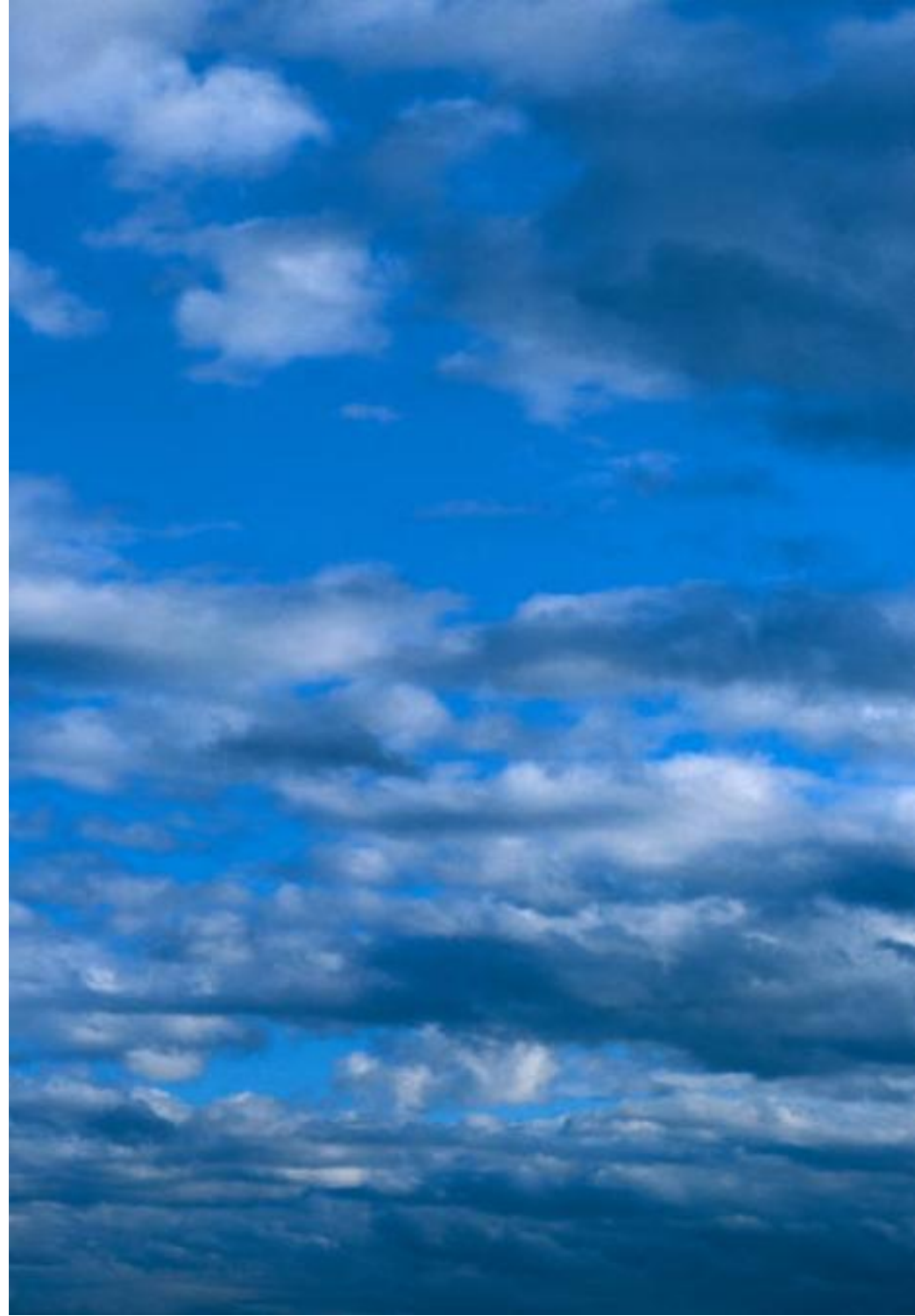
TALS

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TALS 10/11

Why ?

- Make sure consumers and providers are safe
- Make sure consumers have dignity and can practice independence everyday



How?

- Assist consumers to develop coping strategies to manage the challenges and frustrations in their daily lives.
- Support consumers, family, friends and advocates to speak up about poor practices and to push for consumer centred care – rather than care that serves the provider.
- Work to educate providers and to hold them to account.



Subtle Forms of Restraint

- Other than mechanical, chemical and seclusion:
- ‘You can’t go out this morning because the night shift staff were very busy and forgot to charge your wheelchair battery’
- ‘I am going to put you in your manual chair because you drive your electric chair too fast’
- ‘You will have to stay home today because we are short staffed’



Rights

The rights that need significant attention when applying any restraint are:

1. Right to be treated with respect

- It is not respectful to restrain a consumer without good reason.

2. Right to freedom from discrimination, coercion, harassment, and exploitation

- If you would not use a similar restraint for a non-disabled person in a similar situation, then your practice could be viewed as discriminatory.

- Restraining someone could also be a form of



Rights (continued)

3. Right to dignity and independence

- Undue restraint of any form affects both dignity and independence of the person.

4. Right to services of an appropriate standard

- According to Right 4 (2), every consumer has the right to have services provided that comply with legal, professional, ethical, and other relevant standards. Any use of restraint that contravenes NZS 8134.2:2008 guidelines may breach the consumer's right to services of an appropriate standard
- Right 4 (4), requires the services to be provided in a manner that minimizes the potential harm to, and optimizes the quality of life of, consumers. Thus, this right also requires service providers to use 'enablers' where the safety of a



More Rights

6. Right to be fully informed

- Before any restraint is used, the consumer and/or the family need to have full information of what type of restraint/s the service provider may use under what circumstances including the reasons for it. In most cases, such information can be provided in a behavior management plan that is prepared in consultation with the consumer and/or their family.

7. Right to make an informed choice and give informed consent

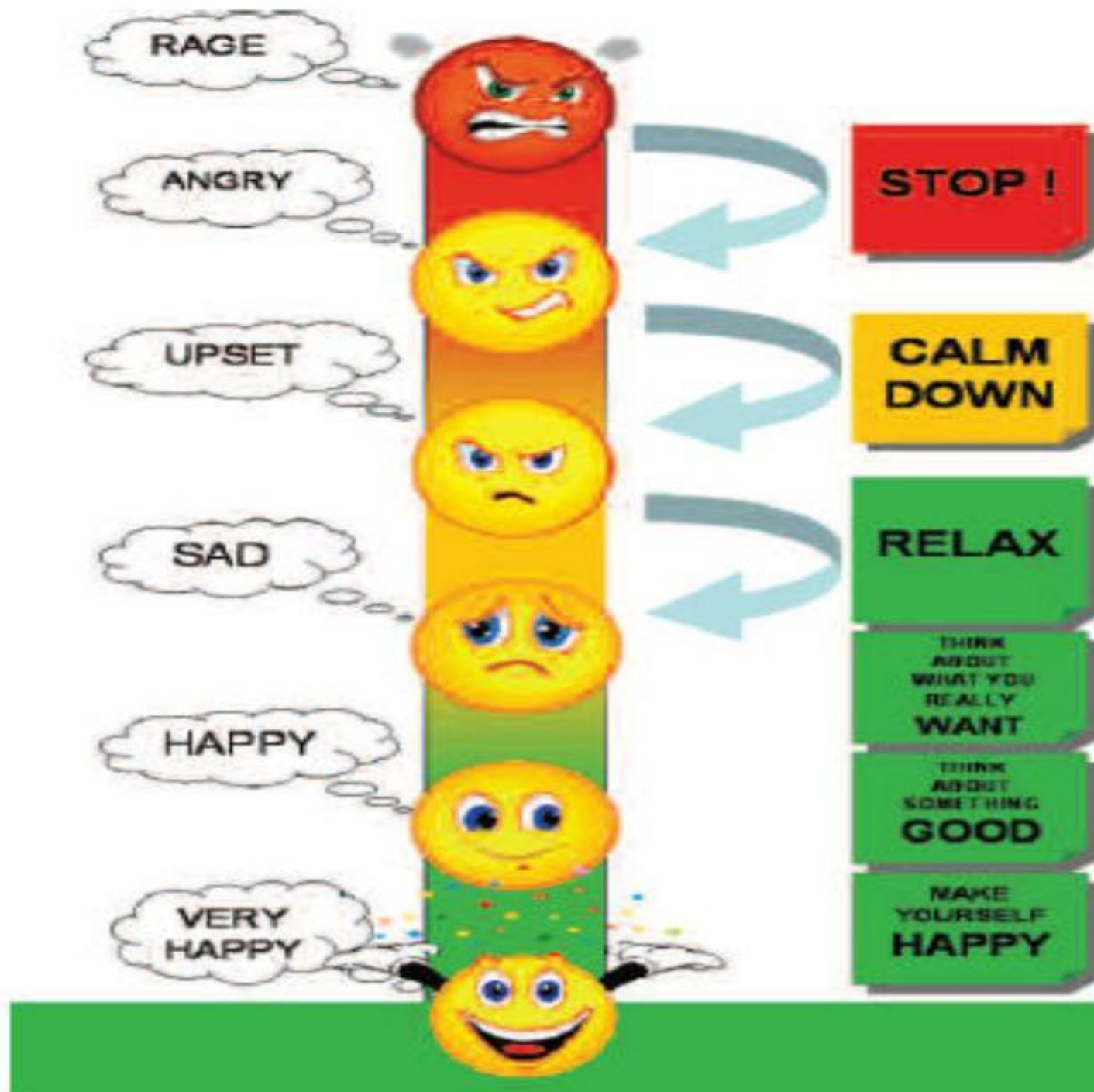
- It is vital that appropriate consent is sought from all concerned before any form of restraint is used. It is advisable to have consumer and/or family sign any behavior management plan that may include the use of any form of restraint.



Increase awareness, educate and train staff who work with consumers

- why there is a need to reduce and eliminate the use of restrictive practices.
- alternatives to restraint and seclusion.
- positive practices that include techniques to de-escalate behaviour.
- coping with provider's own fear and anxiety.
- appropriate listening and communication skills – including written records.
- understanding environmental factors/triggers that can give rise to challenging behaviours.





Planning, Assessing and Reflecting

- plan ahead and be prepared in emergency situations – ‘prevention is better than cure’.
- the need for assessment and treatment services that properly and carefully assess the underlying medical condition that may be causing behavioural change.
- understanding which positive practices are most effective with particular consumers and teaching strategies that emphasise prevention of future challenging incidents.



Responsible and Professional

- if restraint has to happen that it is done as safely as possible – physical damage can occur, distress and/or trauma can occur to both the consumer and the provider.
- practices that no matter what are totally unacceptable.
- know the Code and the relevant legislation and standards.





Health and Disability Commissioner
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