



*SOS Easy Read*

*Restrictive Practices Policy  
July 2019*



**Person Supported**

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**House/Location**

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**Date Restrictive Practices Policy was discussed  
with me:** \_\_\_\_\_

**By Whom:** \_\_\_\_\_

**Staff Member/Other**



This information is written in an easy to read way.

We use pictures to explain some ideas.

Some words are written in **bold**. We explain what these words mean.

You can ask for help to read this information.



A family member, friend or support person may be able to help you.

Let us know if you would like us to help you.



This Easy Read information is a shorter version of another document.

You can ask us for a copy of the longer document.



We have written this information so you know what **SOS Kilkenny** thinks about **restrictive practices**.

A restrictive practice is something done to control a person's freedom.



Sometimes a person can be feeling unwell or need extra support to keep themselves safe in their home or community. This may result in a door being locked, or a lap belt on a wheelchair being used for your safety.



The information is also about how we support people who may do things that may be harmful or dangerous to themselves or other people.

Restrictive  
practices might  
include:



- Locking a front door.
- Locking cupboards.
- Lap Belts on wheelchairs.
- Door alarms.
- Child Locks on transport.
- Bed Rails.
- Locked fridge.
- Giving a person medicine to help them relax.
- Stopping a person from using things they want to.





Staff will speak with you about any restrictions that are put in place in your home.



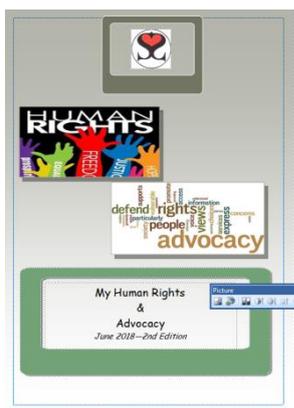
There may be occasions that a restriction is put in place for one **person's safety** that will affect the other people who live in a house, such as a locked front door.



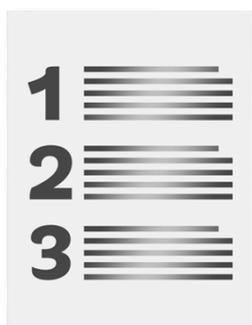
All staff are trained in how and when to use a restrictive practice.



If staff use a restrictive practice that is not in your plan, they need to tell the manager within 24 hours.



All Restrictive Practices are **referred** to the **Human Rights Committee** for review to make sure that they are fair and necessary.



We keep a list of any restrictive practices we used to make sure we follow this **policy and procedure**.



If you are not happy about a Restrictive Practice that is put in place you can make a **complaint** or speak to the Human Right committee to discuss the **restriction**.

