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# Preparing to engage about restrictive practices

Video audio transcription



The  
Right  
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Working together on positive  
behaviour support (PBS)

# Video audio transcription

## Preparing to engage about restrictive practices



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In terms of speaking with someone about restrictive practices, let's break it down.

Firstly, use the Spectrum of Participation on our website to understand how involved the person wants to be in their plan and respect their wishes.

So, assuming that they want to be involved and you've developed rapport and trust through Yarning and getting to know each other – what are restrictive practices?

Finding the language around this can be challenging.

We have a glossary of plain language on our website that you should take a look at before entering this type of discussion. Take it with you if you need it as a reference.

Ultimately, a restrictive practice is to keep the person and the people around them safe when they do something that could be unsafe.

Restrictive practices can include, for example, giving someone medication, holding them to restrict them, or using devices to restrict their movement or access.

Be aware that restrictive practices that keep people safe can be scary for the person with disability, also confronting for their support network.

It's a difficult thing to manage as a person leading the discussion, but it's really important when you're planning how to engage effectively on this topic.

In terms of what they are, maybe start by taking a look at our micro-doc [micro-documentary] about tips from practitioners and hear some of the language that your peers use about restrictive practices.

If you're looking for a tool, I'd also recommend using our discussion mat for conversations around restrictive practices because it has visual aids and it helps you in explaining these concepts step by step in a way that matches the person's support needs.

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How will you use these ideas to improve engagement in your behaviour support practice?

Web address: [therightdirectionpbs.com](http://therightdirectionpbs.com)



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Funded by the NDIS Quality and  
Safeguards Commission Grants Program



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