



Restrictive Procedures

RESTRICTIVE PROCEDURES

🐾 Restrictive procedures can be defined as techniques used to decrease or eliminate undesirable behaviours. These procedures may:

- Restrain a client's normal range of movement**
- Restrict access to events, privileges, or objects that would normally be available to the client**
- Intrude on the lives of whom they are imposed; or, withhold specific reinforcements or impose punishments**

🐾 Essentially, restrictive procedures restrain the freedom of those to whom they are implied.

CONSIDERATIONS

- 🐾 **When deeming whether or not a procedure is restrictive, it is also necessary to consider that what is rewarding or restrictive is in the eyes of the individual, and not the staff or others around them. That is, what a staff may see as a reward could be something the client sees as punishment. Additionally, there may be something presented to the client with the best intentions, but if the client views it as restrictive, it must be recognized that that thing is then restrictive.**

Examples are

- 🐾 Solitary confinement
- 🐾 Seclusion
- 🐾 Isolation
- 🐾 Response Cost
- 🐾 Physical restraint
- 🐾 Sensory deprivation
- 🐾 Mechanical restraint
- 🐾 Contingent aversive stimulation
- 🐾 Isolation time-out (in enclosed room)
- 🐾 Exclusive time-out (non-enclosed)
- 🐾 Extinction
- 🐾 Over correction
- 🐾 Food delay
- 🐾 Token Reinforcement

Be aware

- ❖ Restrictive procedures can be ineffective, unnecessary, lead to criminal charges, and lead to civil suits and administration penalties. However, when going through the correct process, restrictive procedures as part of a treatment or training program can be acceptable. If a restrictive procedure is deemed necessary, a restrictive procedures review committee that approves restrictive procedures may be established. Such procedures are planned, administered, and reviewed under the direct or indirect supervision of a person trained in the application of such procedures.**

First Steps

- **Whenever possible, before any steps are taken to attempt a restrictive procedure, LINX will first attempt to utilize positive procedures. If this is not successful, we may baseline the undesirable behaviour (non-intrusive observation and recording by staff working with the client recording by staff working with the client). If a restrictive procedure is still being considered at the end of this, LINX will consider the extent to which the procedure will compromise the person's privacy, invade their personal space, cause them distress, or limit access or prevent movement normally available to them. LINX will also take into account the guiding principles of the Alberta Council of Disability Services (ACDS), which are:**
 - **Principle 1: Respect for the dignity of person**
 - **Principle 2: Responsible caring**
 - **Principle 3: Integrity in relationship**
 - **Principle 4: Social responsibility**

Purpose

- 🐾 The purpose of a restrictive procedure is to alter behaviour, but this can only be done without causing abuse of the client. Abuse occurs when client's rights, dignity, and sense of self-worth are violated. This includes any activity which results in physical or mental injury, undue discomfort or fear, takes advantage of the client and is the result of any behaviour of a staff which goes beyond normal agency standards of practice.**

Prohibited Procedures

🐾 Prohibited Procedures include any action on the part of service providers, caregivers, and volunteers which are described as abusing neglectful exploitative or inappropriate as per *The Protection of Persons In Care Act* and the PDD Abuse Reporting and Investigating Protocol. Prohibited Procedures include such actions as:

- Food deprivation
- Corporal punishment
- Presentation of noxious substances (eg. washing mouth out with soap)
- Extended isolation
- The use of electric shock
- Anything that purposefully causes physical pain

Stages

🐾 Positive Procedures

**🐾 Planned Approach or Corrective Measure
(Less Restrictive Procedures)**

**🐾 Planned Approach or Corrective Measure
(More Restrictive Procedures)**

🐾 Crisis Situations

Positive Procedures

- The objective is to develop a desirable behaviour
- The consequence is the availability of additional reinforcement, and it is instructional in objective
- Addresses behaviours of concern through altering environments and teaching appropriate skills
- There is no restriction of client rights (nothing is imposed or denied)
- It could utilize the following techniques:

- Positive Reinforcement
- Modelling

- Verbal instruction
- Exercise

- Behavioural Rehearsal
- Relaxation

Positive Reinforcement

- 🐾 **The presentation of a positive reinforcer following a specific behaviour that results in an increase or maintenance of that behaviour**

Modeling

- 🐾 A person learns to emit a specific behaviour by observing another person demonstrating the appropriate behaviour**
- 🐾 This shows them how to perform the behaviour, and what the resulting actions is**

Verbal Instruction

- ✿ **Specific verbal cues to engage in specific behaviour are provided**

Physical Assistance

- ✿ Intent is to promote learning; if the person resists, no consequence is imposed

Behavioural Rehearsal

- ✿ The appropriate form of the behaviour is practiced previous to the event where it is required
- ✿ Based on role playing

Relaxation

- ❁ **A process of early intervention to regain control over anxiety, anger, or frustration**
- ❁ **It is to be adopted as a self-management strategy**

Exercise

- ❁ **Person is taught or prompted to engage in physical activity to regain control over anxiety, anger, or frustration**
- ❁ **It is to be adopted as a self-management strategy**

Planned Approach or Corrective Measures (Less Restrictive Procedures)

- ❁ **Objective is to discourage undesirable behaviour**
- ❁ **Clients rights are restricted by withholding access to social reinforcement until a particular behaviour is displayed**
- ❁ **Would not be required to get committee approval unless: the procedures have been effective and will be used on an ongoing basis, or the procedures have not been effective and alternative interventions are necessary**
- ❁ **It could utilize the following techniques:**
 - Extinction
 - Social Disapproval
 - Positive Practice
 - Restitution
 - Over Correction

Extinction

- 🐾 Reinforcement of a previously reinforced behaviour is withheld
- 🐾 It should always be combined with positive reinforcement; when social attention is withdrawn, it is the behavior that is ignored, not the person
- 🐾 Redirection is used to encourage proper behaviour

Social Disapproval

- 🐾 Person is given clear and brief feedback that their behaviour is inappropriate, followed by redirection and reinforcement**

Positive Practice

- ❖ **After a specified inappropriate behaviour, reinforcement is withheld until the person engages in an appropriate alternative behaviour**

Restitution

- ❖ Reinforcement is delayed until the person restores or corrects the environment they have disturbed to its previous condition

Over Correction

- ❖ **A procedure in which the person is required to engage in an exaggerated form of the appropriate behaviour (e.g. numerous repetitions of the appropriate behaviour)**
- ❖ **This is not recommended by agency staff as it is highly punitive**

Planned approach or corrective measures (More Restrictive Procedures)

- ❃ **Object is suppress behaviour which is dangerous, extreme, or resistance to other interventions**
- ❃ **Restriction of client rights includes: restraint of normal range of movement, and/or restricted access to previous available people, places, or things**
- ❃ **Require the prior approval of the committee before implementation, with the exception of crisis incidences**
- ❃ **It could utilize the following techniques:**
 - Time out
 - Response cost
 - Restricted access
 - Required relaxation
 - Required exercise
 - Physical restraint
 - Use of medication

Time Out

- ❖ **Seclusion:** having the person go to another location until they are able to engage in appropriate behaviour;
- ❖ **Contingent Observation:** having the person removed from the activity itself, but still in the same room, for a specified time period

Response Cost

- ❖ **Removal of all or part of a previously earned or available reinforcer after an undesirable behaviour**
- ❖ **The behaviour and the cost should be predetermined and explained to the person**

Restricted Access

- 🐾 **Person is prevented from accessing specific items or areas due to health or safety concerns**

Required Relaxation

- ❖ **Person must engage in relaxation techniques for a specified period of time after an undesirable behaviour**
- ❖ **Not recommended for use by agency staff**

Required Exercise

- ❖ **Person must engage in some form of physical activity following undesirable behaviour**
- ❖ **Not recommended for use by agency staff**

Physical Restraint

- ❖ **Person is physically held only when they are hurting themselves or others**
- ❖ **The person is held to restrict their range of movement; preventing harm to themselves or others**
- ❖ **Staff should be specifically trained before using a physical restraint**

Use of Medication

- 🐾 Used to decelerate or gain control over a behaviour**
- 🐾 This is usually only considered after all other options have not been successful**
- 🐾 It is only considered if the behaviours are such that the individual's quality of life would be significantly impaired without them**

Crisis Intervention

- ❖ **When an unexpected incident occurs that requires immediate use of more restrictive procedures to protect the individual and/or others**
- ❖ **It is not an intervention plan, but an indication that other interventions are necessary**
- ❖ **When utilized, it would observe the following procedures;**
 - **Warranted in circumstances where the behaviour of a client endangers themselves or others**
 - **Staff will use the least restrictive procedures or safety techniques necessary to prevent or lessen injury and to assist the client to regain control**
 - **The incident must be reported to the administration immediately; a detailed incident report must be provided to the supervisor 24 hours**
 - **An intervention plan for future occurrences of the behaviour must be designed and approved by appropriate sources**

Approval...

- 🐾 If a restrictive intervention or procedure is to be put in place, the client must give their informed consent. The planned procedure must be explained to both client and the guardian. Whenever possible, the author of the plan would be present for further explanation, as well as to potentially alter the plan based on comments from the guardian and client. Finally, both the guardian and client would have to sign the consent.**

Training

- 🐾 All staff and contractors must be trained in restrictive procedures. This training must be updated at least every three years. In the event that there are significant changes to the agency's guidelines to restrictive procedures, additional training may be required within the three years. Whenever possible, training will be done in-house to accommodate LINX staff and contractors.**