



Policy for the Prevention of / Use of Restrictive Interventions

DOCUMENT CONTROL				
	Developed by:		Date	
Origination:	Cope Foundation staff members		March 2011	
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Approved by:				
DOCUMENT REVIEW HISTORY				
Original Circulation Date:			Review Date: Sept. 2013	
Date	Reviewed by	Document Amended Y/N	Version No:	Next Review Date
10/04/2014	RIRC Committee	Yes	1.0	10/04/2016

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1.0 Policy Statement

Cope Foundation is committed to a person centred approach to service delivery, whereby the person with an intellectual disability and/or autism is central to the development and provision of their own individual person-centred programme and support plan (Cope Foundation , 2008).

The guiding principle of this policy is that each individual's rights and dignity are respected, and therefore a restrictive free environment is promoted at all times. However, it is acknowledged that people with an intellectual disability may sometimes present with behaviours that pose a threat to their own well-being, or the well-being of others. Such behaviours can seriously affect the person's quality of life and may also result in harm to them, and/or to others (Matson & Boisjoli 2009).

To this end, when a person presents with behaviour that compromises their well-being or that of others, a comprehensive assessment must always be carried out, and a positive behaviour support plan devised in order to minimise risk, support the individual to lead a meaningful life, and reach their full potential. In certain circumstances this may necessitate the use of a restrictive intervention as part of a holistic plan of support.

It is acknowledged that the use of restrictive interventions is an imposition on an individual's rights and dignity. Therefore, such interventions should only be used as a measure of last resort and for the purpose of promoting and maintaining a person's health and well-being, or, in the short term, the health and well-being of others.

The use of restrictive interventions, when comprehensively assessed to be in the best interests of the individual, must be proportional to the risk and be subject to interdisciplinary review, be sanctioned by the Restrictive Interventions Review Committee, form part of the person's Behaviour Support Plan, and be implemented by appropriately trained staff. The Behaviour Support Plan must also include details regarding the planned cessation of the restrictive intervention.

2.0 Purpose of the Policy

The purpose of this policy is to endorse the rights and dignity of the individual, through the provision and implementation of individual support plans and the promotion of non-restrictive interventions. In the event that all other methods of intervention have failed, the policy aims to ensure that the use of restrictive interventions is managed in accordance with best practice guidelines.

3.0 Scope of the Policy

The policy applies to all Cope Foundation employees in any setting where services and supports are provided.

4.0 Responsibilities

It is the responsibility of staff members who provide support to people accessing our services, to act in accordance with the policy and guidelines as it pertains to the use of restrictive interventions.

5.0 General Principles of the Policy

- Restrictive interventions should only be used as a measure of last resort, when all other less intrusive methods have failed to achieve desired outcomes, and must always include plans for its cessation.
- When considering using restrictive interventions, family and carers should be involved as advocates for a person with reduced decision making capacity. (MHC consultation doc 2008 pg 22)
- Planned restrictive interventions should only be used as part of a comprehensive support plan, when the risks of using the intervention are judged to be lower, than the risks of not doing so.
- Individual support plans must provide clear documented evidence of ongoing assessment, support planning, implementation of required supports and interventions, and regular evaluation of same.

6.0 Review

- An audit of restrictive practices in use throughout the organisation will take place annually.
- This policy and its guidelines will be reviewed every 2 years or sooner if circumstances, evidence or best practice dictates.

References

- Cope Foundation (2008) Vision 2013: Strategic Direction 2008-2013
- Matson & Boisjoli (2009), Restraint Procedures and Challenging Behaviours in Intellectual Disability: An Analysis of Causative Factors. Journal of Applied Research in Intellectual Disabilities 22, 111. 117