

Personal Restrictions

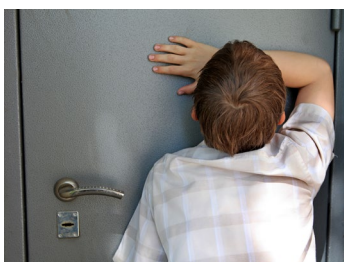
February 2021



A **personal restriction** is when other people try to change your behaviour by using an object or their body. Personal restrictions can keep you or other people safe and well.



Personal restrictions limit what you can do and where you can go.



It is a personal restriction if a person lives in a house and the front door is locked all the time.



Here are some examples of personal restrictions:



- using a belt to stop you getting out of your wheelchair



- putting gloves on you to stop you scratching



- locking the front gate of the house.



It is **not** a personal restriction:



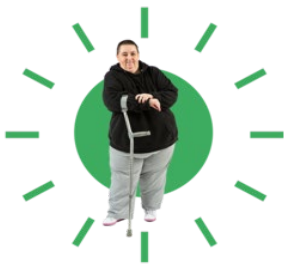
- to help someone in a wheelchair sit up better
- to use a harness to travel safely.



Can personal restrictions ever be used?



Before we say it is okay to use an personal restriction, we think about these things:



- What is best for you?



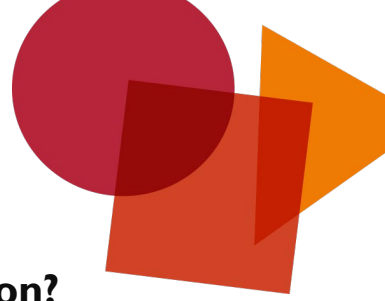
- What would happen to you if the personal restriction was used?
- What would happen to you if the personal restriction was **not** used?



- What things have been tried in the past?



- Will using the personal restriction keep you safe and well?



Who gives permission to use environmental restriction?



Permission means it is ok to do something

The **Senior Practitioner** decides if a personal restriction is needed.

To help decide, they will talk to you. They might also talk to your family, advocate or service provider.



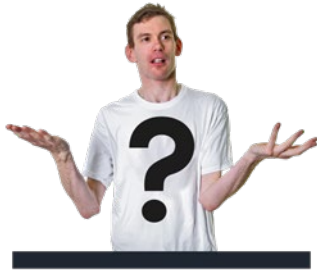
The Guardianship and Administration Board give permission to use a personal restriction

The permission lasts up to 2 years.





You can contact the Senior Practitioner



The Senior Practitioner can answer questions about restrictions.



Telephone: (03) 6166 3567

Mobile: 0428 197 474



Email:

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Web:

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