Contents

About the authors 4
Acknowledgements 4
Foreword 5
Introduction and terms and scope of this guide 9
Chapter 1 Turning restraint reduction planning into restraint reduction actions 17
Chapter 2 Auditing individual restrictions – assessing the scale of the problem 27
Chapter 3 Proactive working and preventative actions 35
Chapter 4 Reactive responses 51
Chapter 5 Restrictive responses 63
Chapter 6 Turning ideas into actions – developing and implementing individual restraint reduction action plans 71
Chapter 7 Case study and individual restraint reduction plan 79
References 83