

# Definitions of restrictive interventions

## Physical restraint

Any direct physical contact where the intervener's intention is to prevent, restrict, or subdue movement of the body, or part of the body of another person.

## Chemical restraint

The use of medication which is prescribed and administered for the purpose of controlling or subduing behaviour, where it is not prescribed for the treatment of a formally identified physical or mental illness.

## Environmental restraint

The use of obstacles, barriers or locks to prevent a person from moving around freely.

## Seclusion

The supervised confinement and isolation of a person, away from others, in an area from which the person is prevented from leaving.

## Psychological restraint

Depriving a person of choices, controlling them through not permitting them to do something, making them do something or setting limits on what they can do, without physically intervening. It includes the use of threats and coercion.

## Mechanical restraint

The use of a device to prevent, restrict or subdue movement of a person's body, or part of the body, for the primary purpose of behavioural control.