



List of restrictive practices

To be completed by PBS Practitioner at service team meeting.

Service:	Name of person:
Date:	Present:
Locked	
Kitchen cupboards/drawers	
Fridge	
Wardrobe/chest of drawers	
Internal door	
Front/back door	
Garden gates	
Car 'child' lock	

Restriction/limitation (by staff) of person's:

Access to food/drink (including quantities)	
Access to alcohol/cigarettes	
Money	
Ability to buy something	
Contact with people, family, friends	
Privacy (eg sex life)	
Access to shared spaces	
Wish to do an activity	
Ability to go out at specific times	
Ability to refuse an activity	

Holding someone using any degree of force to perform a care task:

Washing/bathing/showering	
Using toilet/pad change	
Dressing	
Hand washing	
Nails cutting/filing	
Shaving (men and women)	
Brushing teeth	
Hair cutting	
Eating/drinking	

Devices that may be used as a mechanical restraint:

Bed sides/rails	
Cushions in bed or 'sleep system'	
Wheelchair lap belt	
Wheelchair foot or thigh straps or overhead harness	
Comfy chair lap belt	
Commode lap belt	
Helmet	
Handling belt	
Arm splints	
Clinical holding	
PRN medication prescribed, re: behaviour	
Person to person restraint. re: behaviour	