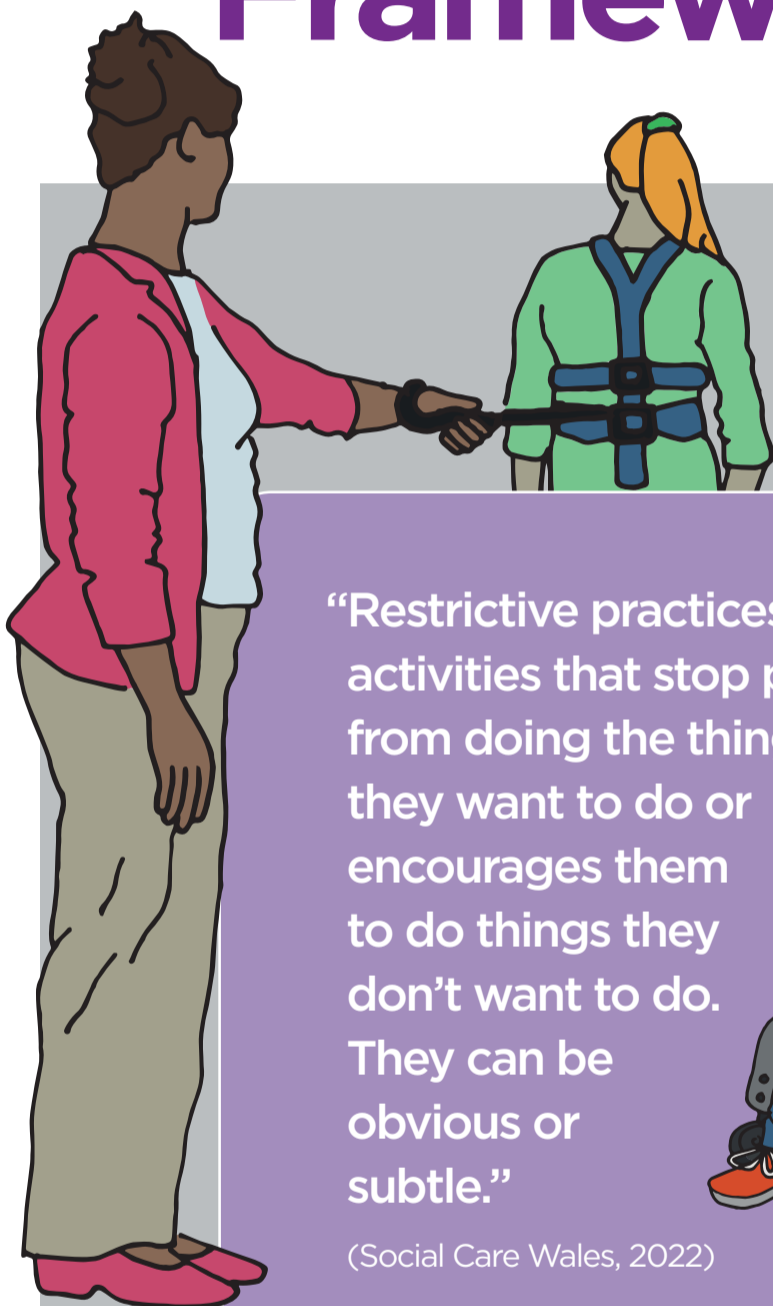




The Framework aims to reduce restrictive practices in childcare, education, health and social care settings. It helps staff provide person-centred, rights respecting care. When care is supportive people are less likely to become distressed.

Reducing Restrictive Practices Framework



“Restrictive practices are activities that stop people from doing the things they want to do or encourages them to do things they don’t want to do. They can be obvious or subtle.”

(Social Care Wales, 2022)



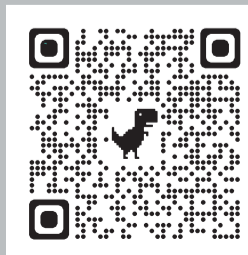
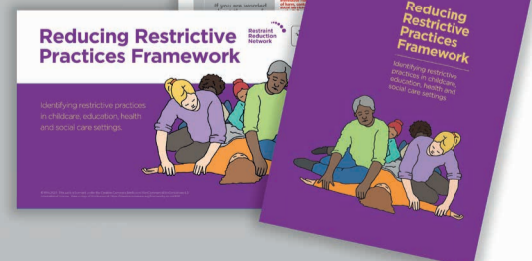
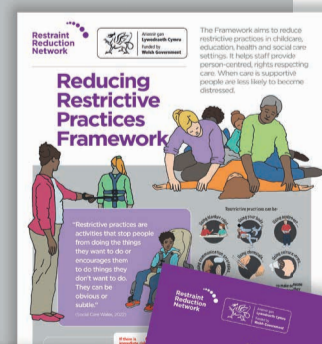
Restrictive practices can be:



... to make someone do something they don't want to do, or stopping someone doing something they want to do.

People need to be able to identify restrictive practices if they want to reduce them. These resources form part of a pack that can help:

- Reducing Restrictive Practices Framework Poster – An Overview
- Identifying Restrictive Practices Explainer
- Identifying Restrictive Practices Animation



If you are worried about the use of inappropriate restrictive practice you can speak to:

Family members and/or friends.



If there is immediate risk of harm, contact social services or the Police.



A senior member of staff, e.g., head teacher or senior manager.



An advocate.



A nurse, social worker or teacher who is responsible for your care.

