

ARE THEY ALLOWED TO DO THIS TO ME?



A guide to understanding
**RESTRICTIVE PRACTICES
AND YOUR RIGHTS**



**RESTRICTIVE
PRACTICES ARE
USED TO CONTROL
PEOPLE WHO MAY
BEHAVE IN WAYS
WHICH ARE NOT
UNDERSTOOD**

Sometimes this means they will
hold you down or pull your arms back

Or they may **pin you down or sit on you**

They may even **tie
you to something
like a bed or a chair**



They may lock you in a room or stop you from leaving the house

Or they may lock all the doors and windows so you can't get out



They may even lock other things like the kitchen cupboards, drawers or even the fridge

They may give you medicine that makes you want to sleep or makes you feel confused



Maybe somebody does this to you when you are **upset, making a lot of noise or scared and trying to run away**

Some people call this **'challenging behaviours'** or **'behaviours of concern'**

Sometimes it is hard to tell people **how you are feeling or why you are feeling this way**

It's OK to feel upset as we all get upset sometimes



IT'S IMPORTANT to have some help to understand your feelings

IT'S IMPORTANT to find different ways to let people know how you are feeling



However no-one should be punished or made to feel unsafe because of their feelings

Restrictive practices can ONLY be used when you are so upset that you are trying to hurt yourself or someone else

THERE ARE LAWS ABOUT USING RESTRICTIVE PRACTICES

If someone is using Restrictive Practices on you, they must have special permission from a tribunal



They must have a 'Positive Behaviour Support Plan' in place so they can find a way to stop using it in the future

You need to be told when a Restrictive Practice is about to be used and why

They can only use a Restrictive Practice that causes the least harm to you

If they are using Restrictive Practices **you should be involved in these decisions**

You should be involved in the development of your 'Positive Behaviour Support Plan'

They should be **working towards finding ways to stop using them**

They should **never use Restrictive Practices as a punishment**

IF THEY DO THEY ARE BREAKING THE LAW AND THIS IS AN ABUSE OF YOUR HUMAN RIGHTS



If you are unsure if they are using Restrictive Practices on you, or even if you just want to make sure they are following the law, there are people that can help you, there are people that will listen to you.

These people will make sure that they are doing the right thing, these people will protect your human rights.

IF YOU NEED TO TALK TO SOMEONE PLEASE CONTACT:



Queensland Advocacy Inc.

PHONE 1300 130 582

WEB www.qai.org.au

 [/thedisabilityviolenceproject](https://www.facebook.com/thedisabilityviolenceproject)

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