

Definitions of restrictive interventions

Physical restraint	Any direct physical contact that restricts or subdues movement of the body or part of the body of another person.
Chemical restraint	Use of medication to control or subdue or get someone to comply.
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	Using communication strategies to make a person do something they don't want to do or stop them from doing something they do want to do.
Mechanical restraint	The use of a device to prevent, restrict or subdue movement of a person's body, or part of the body.
Cultural restraint	Using dominant social and cultural norms to make a person do something they don't want to do, or stop them from doing something they do want to do. This might include: <ul style="list-style-type: none"> • Stopping a person from expressing their cultural views. • Stopping someone doing something that is important to them, their values, ethnicity and/or culture. • Making someone feel ashamed, inferior and/or humiliated because they are different to someone else.
Technological restraint	The use of surveillance devices to monitor a person's actions with the purpose of preventing them from doing something they want to do or making them do something they don't want to do. <i>Please note: observations can also be regarded as a restrictive practice.</i>
Blanket restrictions	Rules that apply to everyone regardless of individual risk.