

Restraint reduction plan for Anthony White

10/10/2022

Consent and contribution

This plan has been explained to Anthony by Nadia on 10/10/2022. Anthony is able to give consent and Anthony has contributed to it by agreeing to do a rapport assessment every week and making a list with Nadia of activities he would like to do. There is an Easy Read summary.

Person responsible for writing this plan and updating it

This plan was written by Don Greaves, Practice Leader, on 5/10/2022. Don Greaves is also responsible for updating this plan.

Agreement

This plan has been agreed by Mr and Mrs White (Anthony's parents), and Clare Evans (Social Worker) on 10/10/2022.

Implementation and review

It will be implemented from 1/11/2022 and reviewed on 1/5/2023.

Data collection

Data will be collected through different methods, including: daily reports, rapport assessments, weekly summaries, restrictive intervention book, incident reports, and staff competence checklist. Don Greaves will collate the data on excel sheets and produce monthly summaries.

Restriction to be targeted for reduction: supine floor restraint

Current average current frequencies:

- Average frequency of incidents = 4 times per week.
- Average number of times it ends in a supine restraint = 3 per month.
- Average duration = 35 minutes.
- Average severity of episode = 3 (minor injury needed first aid).

Target reduction by 1/11/2023

- Average frequency of incidents = 2 times per week.
- Average number of times it ends in a supine restraint = 1 per month.
- Average duration 35 minutes = 10 minutes.
- Average severity of episode = 1 (verbal swearing only, no physical harm).

Strategies to increase QOL	How will this happen?	How we will know it has happened and measure its success?
<ol style="list-style-type: none"> 1. Regular treats 2. Increase in exercise 3. Planned daily activities 	<p>Regular treats for Anthony to be planned by Nadia and Bill (not dependent on levels of behaviours of concern).</p> <p>Running, twice a week planned in the diary with Bill.</p> <p>Two new physical activities tried out per month, planned by Nadia and put in the diary.</p> <p>At least two activities that Anthony enjoys happen daily, planned on a daily basis by the shift leader.</p>	<p>Weekly summary sheet.</p> <p>Daily reports and weekly summary sheet.</p> <p>Daily reports and weekly summary sheet.</p> <p>Daily sheets.</p>
Proactive preventative strategies	How will this happen?	How we will know it has happened and measure its success?
<ol style="list-style-type: none"> 1. Increase predictability of parental visits 2. Two more members of staff increase their rapport with Anthony 3. Anthony uses kitchen on his own to cook his meals (ongoing plan is to build up his tolerance of others in the kitchen) 4. Staff to try less instructional style of communication, especially when in the kitchen 	<p>Bill will ask Anthony's parents if they are able to visit on a regular day so this can be put into his calendar, and if they can ring with as much notice as possible if a visit is not likely to happen.</p> <p>Rapport training for Ali and Mo (see training plan attached).</p> <p>Anthony to use the kitchen on his own to cook his meals with one to one attention (but to be encouraged to join in some fun baking activities with another resident at least twice a week). This can be built on in the next review.</p> <p>Don to demonstrate this to individual staff. Staff to practice and then be observed by Don and given feedback.</p>	<p>Anthony has a calendar with parent visits clearly marked on it.</p> <p>Rapport assessments completed by Anthony weekly.</p> <p>Daily charts and weekly summaries.</p> <p>Competence checklist designed by Don.</p>

Proactive developmental strategies Teaching new skills	How will this happen?	How we will know it has happened and measure its success?
<ol style="list-style-type: none"> 1. Tolerating others in the kitchen 2. Social story to help Anthony think of alternative behaviours if the kitchen is crowded 	<p>Twice a week a fun activity in the kitchen with another will be planned by Nadia; they will be short activities at first.</p> <p>Social story to be developed by Nadia, James and Anthony. Anthony to be encouraged to read the story with Nadia twice a week.</p>	<p>Daily sheets and weekly summary.</p> <p>Social story produced.</p> <p>Daily sheets and weekly summary.</p>
Reactive strategies	How will this happen?	How we will know it has happened and measure its success?
<ol style="list-style-type: none"> 1. Two new diversionary strategies to try 2. Active listening by staff when Anthony becomes upset 	<ol style="list-style-type: none"> a. Staff to try out Bill and Nadia's strategies – demonstrated and practised by all staff at team meeting (see training plan). b. Nadia and Bill to test out each other's strategies to see if they can be generalised and feedback at next team meeting. <p>Both strategies to be used by other staff.</p> <p>Don to demonstrate this at team meeting. Staff to practise on each other and then be observed by Don and given feedback.</p> <p>Staff then to try with Anthony.</p>	<p>Team meeting minutes.</p> <p>Team meeting minutes.</p> <p>Daily sheets *Reviewed after one month. 1/12/22</p> <p>Competence checklist designed by Don.</p>

Other actions to follow up

1. Don to contact the psychologist by the end of next week to discuss anger management and coping strategies that might be suitable for Anthony.
2. Don to contact the behavioural specialist by the end of next week and request a functional assessment and intervention plan.
3. Don to seek advice from physical skills trainer and behavioural specialist by the end of next week about the possibility of a countdown to release or using a less restrictive intervention.

Progress on the above to be reported at the next team meeting.