

## What are some strategies to avoid or reduce the use of restraint?

- Use alternatives to reduce the risk of falls and injury (e.g. exercise, bed and chair alarms, falls mats, hip protectors)
- Provide distractions
- Keep the person involved in meaningful activities
- Look for early signs of agitation and when present, try different approaches, such as leaving and returning at a later time
- Regular toileting schedule
- Take for a walk
- Provide adequate rest
- Change the lighting or noise level as necessary
- Review medications for interactions and side effects
- Ensure mobility aides such as walkers and wheelchairs are within reach

## When can restraints be used?

- When care team, including the physician, decides using a restraint is beneficial to the resident or others
- When all possible and practical alternatives have been considered and tried but they were not effective in addressing the concern.
- On a short term basis

## Maximizing Freedom and Minimizing Risk: Use of Restraints in Residential Care



### Information for Residents and Families

Least Restraint SWT-October 25, 2017

## **A Person-centred approach to the use of Restraints**

This means supporting residents to have as much control over their care and activities, and be as independent as possible

As partners in care, residents and families will be invited to discuss safety issues with their health care provider  
There are sometimes when it is necessary, as a last resort, to use restraints

**Risk of injury exists with or without use of restraint. Residents have the right to make the choice to live at risk.**

## **What is Restraint?**

A restraint is anything that restricts a person's freedom of movement or access to his or her own body.

Examples are:

- Any seatbelt that restricts movement in the wheelchair
- When the person is in bed and all side rails are up
- Any medication used to manage unsettled behavior
- Any barrier or device that limits movement to a specific area (e.g. locked doors)

The use of restraints can have negative results such as:

- Increased anxiety
- Skin problems
- Incontinence
- Muscle weakness and Loss of mobility
- Depression
- Serious injury from falls
- Increased confusion
- Reduced independence

## **Resident, Family, and Staff Working Together to:**

To understand and treat the underlying cause of the behaviour or any unmet needs

To assess the risks of using restraints

To assess the risks of **not** using restraints

To complete the agreement for using a restraint

To develop an individualized care plan

To review and remove any unnecessary restraints