

Matters to be set out in the Behaviour Support Plan when restrictive practices are used*

1. Information about the person

Include information/ assessments relevant to understanding the person/ their changed behaviour. This should include information about the person's past experience and life history – e.g. using the Lifestyle and Social History Questionnaire. It should also include information about known triggers and strategies to reduce/ remove those triggers.

2. Information about the behaviour

Include information about the nature of the changed behaviour for which the person needs support (describe the behaviour, not the label) including any information relevant to the use of restrictive practices. You should also include any information about immediate strategies that were implemented to reduce risks to safety and the response to those strategies.

For each occurrence of a new changed behaviour, note the following – additional space provided on page 6.

	Adverse consequences	Related incidents	Warning signs/ triggers
 Date:			
 Time:			
 Duration:			

**That is, when restrictive practices: are assessed as necessary (s15HC of Quality of Care Principles); are used (s15HD); or, a review of the use of the restrictive practice indicates an ongoing need for the restrictive practice (s15HE).*

3. Information about the care strategies to address the changed behaviour

Best practice strategies* that must be used or trialled before the restrictive practice is used:

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Other strategies that were used:	Effectiveness of the strategies?	Record of monitoring?

Other strategies that were considered:

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**Those that: 1) are best practice alternatives to use of restrictive practices 2) consider the person's preferences/ things that are meaningful to them 3) improve quality of life/ engagement.*

4. Information about the restrictive practice

Information about the restrictive practice including:

How will the restrictive practice be used?	When did the restrictive practice begin to be used?	For how long is the restrictive practice used on each occasion?
How frequently is the restrictive practice used?	What is the intended outcome of the use of the restrictive practices?	Is the intended outcome being achieved through the use of the restrictive practice?
Are there any new care needs that arise out of the use of the restrictive practice?	How will ongoing use of the restrictive practice be monitored?	How will ongoing use of the restrictive practice be escalated?







For each review of the restrictive practice, please note the following – additional space provided on page 6.

 Date:	Are there alternative strategies that could have been used to address the changed behaviour?	Is there a less restrictive form of the restrictive practice that could be used?	Is there an ongoing need for the restrictive practice? If chemical restraint is being used, can the restraining medication be reduced or stopped?
 Time:			
 Duration:			
















5. Consultation and consent

Include a record of consent and a description of the consultation that you conducted with the resident or the 'restrictive practices substitute decision-maker'* about the use or ongoing use of the restrictive practice. Also include information about any consultation with any external services about the use of restrictive practices (e.g. DSA dementia consultants).

Additional space for filling in information about each occurrence of a new changed behaviour

 Date:	Adverse consequences:	Related incidents:	Warning signs/ triggers:
 Time:			
 Duration:			
 Date:	Adverse consequences:	Related incidents:	Warning signs/ triggers:
 Time:			
 Duration:			
 Date:	Adverse consequences:	Related incidents:	Warning signs/ triggers:
 Time:			
 Duration:			
 Date:	Adverse consequences:	Related incidents:	Warning signs/ triggers:
 Time:			
 Duration:			
 Date:	Adverse consequences:	Related incidents:	Warning signs/ triggers:
 Time:			
 Duration:			

Additional space for each review of the use of restrictive practices

 Date:	Are there alternative strategies that could have been used to address the changed behaviour?	Is there a less restrictive form of the restrictive practice that could be used?	Is there an ongoing need for the restrictive practice? If chemical restraint is being used, can the restraining medication be reduced or stopped?
 Time:			
 Duration:			
 Date:	Are there alternative strategies that could have been used to address the changed behaviour?	Is there a less restrictive form of the restrictive practice that could be used?	Is there an ongoing need for the restrictive practice? If chemical restraint is being used, can the restraining medication be reduced or stopped?
 Time:			
 Duration:			
 Date:	Are there alternative strategies that could have been used to address the changed behaviour?	Is there a less restrictive form of the restrictive practice that could be used?	Is there an ongoing need for the restrictive practice? If chemical restraint is being used, can the restraining medication be reduced or stopped?
 Time:			
 Duration:			
 Date:	Are there alternative strategies that could have been used to address the changed behaviour?	Is there a less restrictive form of the restrictive practice that could be used?	Is there an ongoing need for the restrictive practice? If chemical restraint is being used, can the restraining medication be reduced or stopped?
 Time:			
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 Date:	Are there alternative strategies that could have been used to address the changed behaviour?	Is there a less restrictive form of the restrictive practice that could be used?	Is there an ongoing need for the restrictive practice? If chemical restraint is being used, can the restraining medication be reduced or stopped?
 Time:			
 Duration:			