

Restrictive Practices: A Fact Sheet

What they are, the rules that protect you, and your rights — in plain English

A **restrictive practice** is anything that restricts a person's rights or freedom of movement. Some families come to us with restrictive practices already in place — often put there years ago, sometimes without anyone quite remembering why. There is no judgement in that. But there are strict national rules about them, designed to protect the person — and the goal is always to reduce and eliminate them.

The five types of regulated restrictive practices

Chemical restraint	Medication used to influence behaviour — not to treat a diagnosed condition.
Physical restraint	Using physical force to restrict a person's movement.
Mechanical restraint	Devices used to restrict movement or control behaviour.
Environmental restraint	Restricting access to parts of a person's own environment — like locked fridges, locked doors, or restricted access to belongings.
Seclusion	Being confined alone in a room or space the person cannot freely leave.

The rules that protect you

- A restrictive practice can only be used as a **last resort**, in the **least restrictive** form, for the shortest time possible.
- It must be clinically justified in a **behaviour support plan** written by an approved practitioner, and the plan must be lodged with the NDIS Commission.
- It must be **authorised** — in WA, through the state's authorisation process — and providers must report its use to the NDIS Commission every month.
- Every plan must include strategies to **reduce and eliminate** the practice — a restrictive practice is a problem to solve, never a solution to keep.
- Using a restrictive practice **without** authorisation and a lodged plan is an unauthorised practice — providers must report it to the NDIS Commission as a reportable incident.

Your rights

You (and your family) have the right to be **consulted** before any restrictive practice goes into a plan, to have it explained in a way you understand, to be involved in the plan to phase it out, and to **raise concerns at any time** — with us, or directly with the NDIS Commission on **1800 035 544**. You never have to talk to us first.

Where to learn more

- ndiscommission.gov.au — **Behaviour support and restrictive practices**
- ndiscommission.gov.au — **Participant fact sheets and easy-read resources**

Or ask us — we'll walk you through what any of this means for your family.

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