

# Reducing restrictive practices workshop agenda



**Register and tea and coffee.**



**Welcome and Introduction.** We will say what we hope you will learn today. And say what the rules for the day are.



**Move to smaller rooms.**

# What are restrictive practices part 1.

We will talk about:



- **Physical restraints** – things that stop you being able to move your body



- **Environmental restrictions** – stopping people from moving around freely



- **Mechanical restraint** – ways to limit how much a person can move their body.



20-minute break

## What are restrictive practices part 2.

### We will talk about:



- **Chemical restraint** – using medicines to control someone's behaviours.



- **Seclusion** – keeping someone on their own and separate from others in a room they cannot leave



- **Coercion** – getting someone to do something using force or threats



### Lunch



**Knowing your rights**



**Questions and talking about what we have learned. Looking at what happens next.**



**End**