

# Keep Me Safe, Treat Me With Respect

---

An easy read guide on the use  
of restrictive interventions

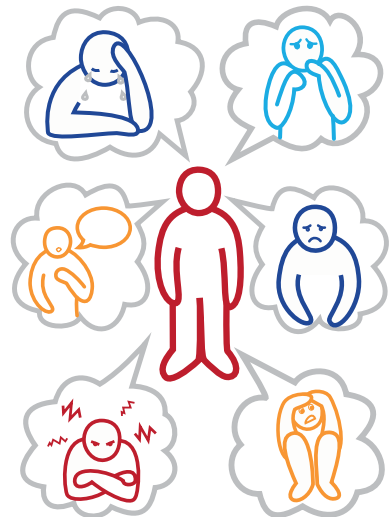
# Introduction

- If a restrictive intervention is used when you are distressed, you need to have the facts about the help and support that you receive.
- This guide provides facts that you, your family, or others may need to know.
- If you are distressed, staff need to keep you safe. They can use restrictive interventions as long as they do not breach your human rights.
- Use this guide to talk about how the use of restrictive interventions may affect you.



## What happens if you become distressed?

- Behaviour is what we say and do. It's how we communicate.
- When people are scared, anxious, upset, alone, or angry, these feelings can lead to a loss of control. We call this distress behaviour.
- We know that sometimes, distress is unavoidable.
- When people become very distressed and lose control, they can hurt themselves or others. Staff then have a duty of care and may use restrictive interventions to keep everyone safe.



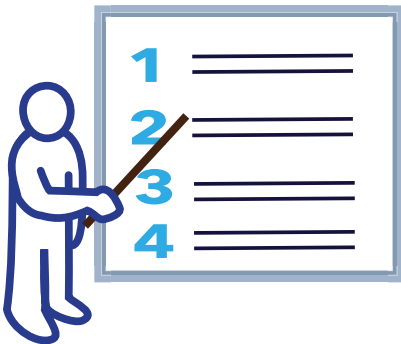
# What are restrictive interventions?



These are the actions staff are allowed to use to limit or restrict your liberty when you are distressed.

The four types are:

- **Physical:** when physical contact is made to limit or prevent your movement.
- **Chemical:** when you are given prescribed medication to reduce your distress.
- **Environmental:** when you are confined to a designated room or area to keep you away from others or to stop you leaving.
- **Mechanical:** when a device (e.g., a belt or cuff) is used to limit or prevent your movement.

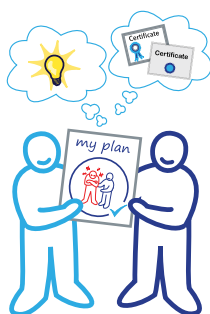


Staff will do everything to make sure the help and support you receive does not include restrictive interventions. If they do happen, it will be by exception.

# What training do staff receive?



- Staff are highly skilled and experienced. They are trained to understand the causes of distress behaviour and to use a range of strategies so your distress doesn't increase.



- Staff are trained to help you manage the things that cause your distress. They can agree the help and support that you need. Then restrictive interventions can be avoided.



- If your distress behaviour causes harm, staff are trained to use restrictive interventions.

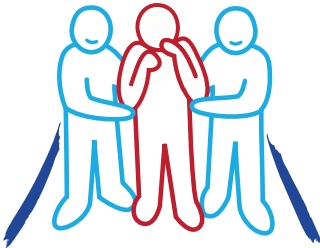


- Staff are trained to use the right approach for you. Staff will agree if any restrictive interventions are necessary to keep you safe.

# When can staff use restrictive interventions?



- Staff are permitted to use restrictive interventions to keep you safe as long as they do not breach your human rights.



- Restrictive interventions should be:
  - A last resort
  - Least restrictive
  - Used for the shortest time possible
  - Used to maximise safety and minimise harm

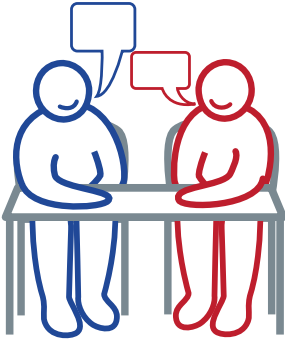


- Restrictive interventions should feel safe. They shouldn't cause pain or injury. They should never be used as a punishment or to enforce rules.

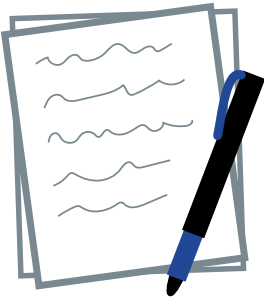


- If staff use restrictive interventions, they will always treat you with respect, dignity, and kindness.

# What should happen after a restrictive intervention has been used?



- Afterwards, someone should stay with you to make sure you are OK.

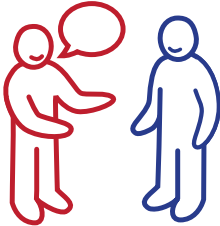


- Staff will record what happened.

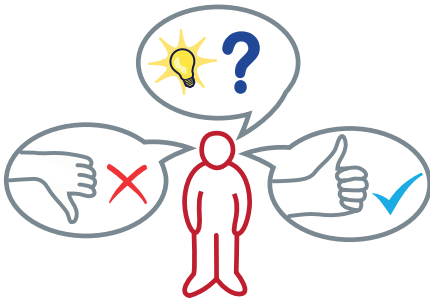


- Talking helps everyone to think about improving your help and support. Then restrictive interventions can be avoided in the future.

# What if I want to complain about the use of restrictive interventions?



- A member of staff is always there to listen.



- You have a right to question staff about the use of restrictive interventions.
- You have the right to complain if you feel restrictive interventions have been used in a way you think was unacceptable.



- If you are unsure who to speak to, you can seek additional help from an advocate. Advocates can get the information you need and make sure your rights are maintained.

## Contact us by:



[enquiries@crisisprevention.com](mailto:enquiries@crisisprevention.com)



[crisisprevention.com](http://crisisprevention.com)

CPI would like to thank the REACH Project, ASIST Advocacy Services, and people with a lived experience of restrictive interventions who helped in the production of this easy read guide.

