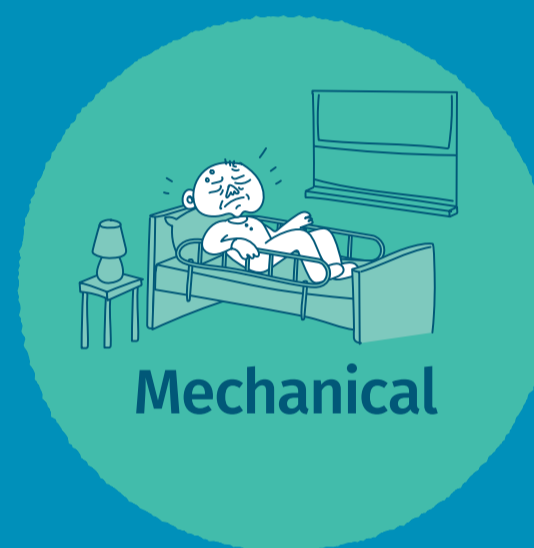
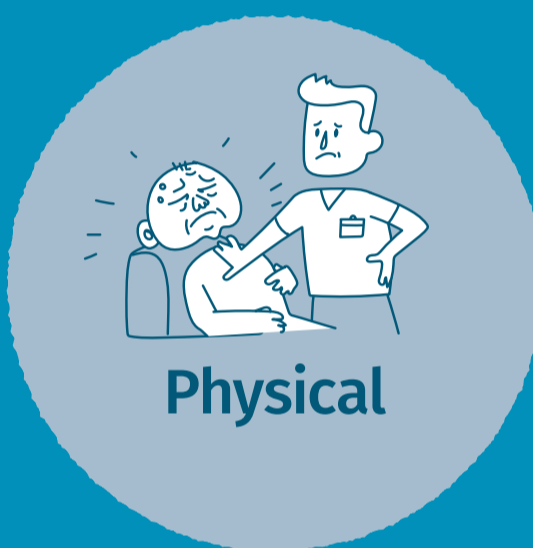




# What are restrictive practices?

Restrictive practices limit your rights or stop you from doing what you want to do. Restrictive practices can be:



**Before** restrictive practices can be used, an approved health practitioner must assess you and document any changes or concerns. You or your substitute decision maker must give informed consent.

Restrictive practices must only be used as a **last resort** and in the **least restrictive form**. They should never be used as a punishment.

**Let's stay safe together.**