

# Least Restraint at LANARK LODGE

At Lanark Lodge, we believe that it is important to have a safe environment for our residents, visitors, and staff.

We work closely with residents and families to provide a safe, home-like setting which minimizes restraint use with creative care plan alternatives that promote choice, mobility, and acceptable behaviours.

Restraint should only be as a last resort. If restraint is needed the least restrictive device will be used for as short a time as possible

Our residents and their families are partners in care and will be involved in making decisions about the issue of restraint. Residents and their families can decide how much risk is taken (e.g. the resident may be at risk of falling). Restraints do not equal safety.

.The information in this brochure is intended to stimulate discussion with staff about restraint.

## What is Restraint?

Restraint is any device or action that interferes with a resident's ability to make a decision or which restricts their free movement. Restraint is a measure used to control a person's physical or behavioural activity and/or to control a portion of a person's body. A restraint may be physical, chemical, or environmental.

## What Situations may require the use of restraint?

A decision about using the least restrictive form of restraint possible may be necessary in situations where a resident is doing something that may result in them:

- harming themselves or others, or
- causing damage to property, or

The use of restraint confronts a resident's rights and dignity and, in some cases, may subject the resident to an increased risk of physical harm or other injury so our goal is to use the least restrictive form of restraint at all times.

A restraint is not to be used as punishment.

## Making a Decision about Restraint Use

Consent to restrain will be requested from the resident, if capable, or a substitute decision maker (SDM) with authority to give that consent. The decision to use any form of approved restraint is not taken lightly and is only used when other methods are ineffective. Family members and residents are invited to discuss the potential for restraint use with the registered staff in charge of the resident's care at any time.

## Some of the questions that you may wish to discuss before giving consent

- Why has a decision been made to use restraint?
- What are the risks of using or not using restraint?
- What are the alternatives to using restraint?
- Is the restraint chosen the least restrictive form of restraint?
- How will the use of restraint be monitored?
- For how long will restraint be used?

## Effective Alternatives to Restraint

Strategies that have been found effective to decrease the use of restraint include:

- Increased family visiting especially during periods of resident aggression, confusion or instability
- Looking for a cause of the current situation and addressing it
- Identifying pain or discomfort and treating it
- Providing rest during the day
- Involving the resident in activities or 'busy bags'
- Adequate food and fluids
- Frequent toileting
- Relaxation and Sensory Stimulation exercises (music, taste, sight, touch)
- Fall Prevention strategies and proper footwear
- The use of adaptive equipment.



**If restraint is necessary we will...**

Try to find the cause of the current situation.

Work with everyone on the care team to come up with alternatives to restraint. This may include external partners such as the Behavioural Support Team, Lanark County Mental Health.

Use the least restraint possible for the shortest time



**What you can do to become more involved**

- Keep a close watch on the resident
- Keep the resident/other family members informed and involved
- Share information with the care team to help us understand the current situation.
- Make suggestions to help us help manage the current situation
- Ask the care team about assessments and investigations that have been done.
- Participate in care to help the resident maintain their current abilities and their safety.
- Ask questions; take time to listen to the information discussed to make informed decisions about restraint use.

This brochure contains general information on our least restraint policy and procedures and cannot be interpreted as specific advice to an individual.

After reading this brochure feel free to ask the care team any questions, or share your concerns.

Notes and Questions: \_\_\_\_\_

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***Least Restraint***

***A resident and family guide to Restraint Management Protocols***

***Lanark Lodge***

