

## How we help you live safely

We suggest ways to reduce the chances of falls and injury such as exercise, bed and chair alarms, falls mats, hip protectors, mobility aides (walker, wheelchair), and keeping things within reach.

We offer activities to distract or refocus attention.

We encourage you to get involved in different activities.

We might make a schedule to regularly take you to the toilet.

We reduce lighting and noise levels so that people can rest.

We watch for early signs of agitation. When present, we try different approaches, such as leaving and returning at a later time.

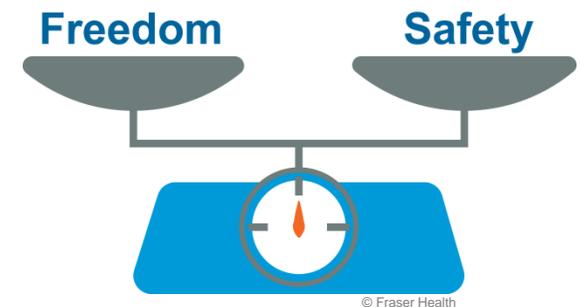
Whether we use restraints or not, there is still a chance of people being hurt either physically or emotionally.

**If you have any questions about the use of restraints, ask to talk to your nurse.**



# Balancing Freedom with Safety in Residential Care

Use of Restraints



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This information does not replace the advice given to you by your health care provider.

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## What is a 'restraint'?

A restraint is anything that restricts your ability to move freely or access your own body.

Examples:

- a seatbelt in a wheelchair that a person cannot undo
- being in bed with all side rails up
- a medicine given to manage unsafe behavior
- a barrier or device that blocks or limits movement to an area such as locked doors or brakes on a wheelchair
- chair with a tray that a person cannot remove
- mittens limiting hand movements

Even when safety or behaviour is not a concern, the use of any type of device that restricts movement or access to your body is still a restraint.

## Why would we use restraints?

We only use restraints when we need to protect you or those around you from being hurt physically or emotionally.

Restraints are our last choice. This is because we know that using restraints can cause other problems such as:

- becoming agitated or anxious
- becoming confused
- feeling depressed
- damage to the skin
- inability to control bowel or bladder
- muscles getting weaker
- problems with balance and coordination
- possible falls resulting in serious injury

We want you to remain strong and be able to do as much for yourself as possible.

## What is our approach to care?

Our goal is to allow you to have as much control over your care as possible. This means allowing you to decide how you want to live in this residential care home.

You and your family work with us to talk about any safety concerns and make a plan for how to manage any unsafe behaviour, should it happen.

When we have a concern about your health and safety or that of others:

- We explore possible causes for the behaviour.
- We compare the risks of using with not using a restraint.
- If we feel a restraint is the safest and best choice at that time, we ask you to agree to allow the restraint.
- We make a plan of care that includes reviewing the need for and removing the restraint.