

PROTECTING PEOPLE WITH SPECIAL NEEDS FROM THE DANGERS OF RESTRAINTS

A Fact Sheet for: People in Care, Advocates, Families and Friends

The Risks

Restraints jeopardize a person-in-care's safety and well-being

Physical injury such as cuts and bruises, joint damage and head trauma to both the person in care and staff

Emotional harm to the person in care, staff involved, and witnesses, especially in cases with a history of past trauma

Loss of opportunities for the person in care to learn and improve their coping and stress management skills

Harm to developing and maintaining a positive relationship between staff and the person in care

Protect Yourself and Others

Speak Up

- Make staff aware of what triggers you (example: approach, body language, tone, touch).
- Remind staff of any major physical health risks/vulnerabilities (examples bone, heart, breathing, weight conditions).
- Seek support to identify safe and positive coping skills that work best for you.
- Be involved in the development of your support plan, treatment goals or other treatment guidance.

Speak Out

- Get involved in your agencies restraint reduction policies. Ask about the agency's practices regarding their process for reducing the use of restraints.
- Ask about the agency's process for developing support plans: How often are plans updated? Do people in care and advocates have input into the development of the support plan, treatment goals, or other treatment guidance?
- Ask to bring in experts to educate people in your agency about restraint reduction.
- Establish a regular forum for People in Care, Advocates, Families and Staff to support agency restraint reduction initiatives.

**Report Abuse or Neglect to the Justice Center's
24/7 Statewide Toll-Free Hotline. Call 1-855-373-
2122/TTY: 1-855-373-2122**

JUSTICE CENTER INFORMATION AND REFERRAL

Toll-Free:
1-800-624-4143

TTY: Dial 7-1-1 for the NYS relay and
give the operator 1-800-624-4143

Email:
supportcoordinator@justicecenter.ny.gov