

## Action Plan Template for Seclusion and Restraint Prevention Plan from a Consumer's Perspective

Item No.	Recommendation	Action	By Who?
1.	Identify triggers for individuals who may experience seclusion/restraint	Safety action plan identified on admission if required	All staff with the consumer
2.	Engage consumers in meaningful therapeutic interventions as soon as possible	Consumer wellness plans There are always predictors	All staff with the consumer
3.	Hospital is seen as a hierarchical system/structure, which intensifies senses	Reassurance, change the process of admission, change the environment	All staff with the consumer
4.	Seclusion is used for various reasons, WHY does the person need seclusion?	WHY?	All staff with the consumer
5.	Involve the consumer daily in the care they will receive – they can be one of us	Daily morning meeting and appropriate involvement	All staff with the consumer
6.	Reaffirm the consumers ability to be involved in their care	Engage on one to one level if needed	All staff with the consumer
7.	De-intensify the environment	Reduce noise levels, lighting if required, the milieu	All staff with the consumer
8.	De-intensify the staff	Reduced anxiety in staff	All staff with the consumer
9.	Seclusion and restraint is NOT to be considered a routine part of a person's care	WHY?	All staff with the consumer
10.	CONTROL and ORDER Not CHAOS	It does not need to always happen is some sort of order, individualise plans	All staff with the consumer
11.	ENGAGE WITH US We want DIGNITY	Individualised risk assessments	All staff with the consumer