

DRAFT

Maryland Developmental Disabilities Administration

Draft/Working Definition of Restraints: For the Purpose of the Restraint Elimination Initiative April 2009

The following draft definitions were developed by the Trauma Informed Care Task Force, with input from Task Force members, Task Force workgroups and DDA management. It is recognized that defining restraints is a difficult and thoughtful task, and creating definitions will require testing and input from all stakeholder groups. These draft/working definitions are by no means to be considered final. The Task Force will be seeking input from stakeholders in coming months in a variety of forms, including surveys, regionally based public forums and a second Town Hall meeting.

Restraints: Physical, Chemical and Mechanical

Restraints are generally defined as any physical, mechanical or chemical technique or device used to prevent or to intervene with a challenging behavior for the purpose of restricting an individual's access to his or her body or to the environment. Note: The specific technique or device does not dictate whether or not it is a restraint. The intent of the use of the technique or device is the determining factor.

Physical Restraint:

Any intervention in which staff place his or her hands on an individual to restrict access to his or her body or to the environment for the purpose of preventing or intervening with a challenging behavior. This includes all physical interventions included in Unit 4 (Restrictive Interventions) of Behavioral Principles and Strategies (BPS) such as: all escorts, all basket holds, take down restraint, two person floor restraint, all lifts and carries, and the sitting restraint. In addition, any unapproved physical intervention due to challenging behavior which restricts an individual's access to their body or to the environment is included in this definition.

Exclusion: This definition excludes any physical interventions that may be used to protect staff or other individuals from bodily harm mentioned in Unit 3 (Non-restrictive Interventions) of BPS such as blocks, third person releases, wrist releases, clothing grab releases, hair pull releases and strangulation releases.

Chemical Restraint: Any use of medication as an intervention in a behavior emergency¹ to reduce safety risks to the individual or others.

¹ "Behavioral emergency" means a situation in which an individual's behavior appears to present imminent danger to the individual or to others.

Mechanical Restraint: Any use of a mechanical device attached to or in contact with an individual's body to restrict access to his or her body or to the environment to prevent or intervene with a challenging behavior. This includes but is not limited to restraint jackets, safety coats, wrist and ankle restraints, arm splints, helmets, backpacks, seat belts, mitts, handcuffs adaptive clothing used for behavioral restrictive or restraint purposes, etc.

DRAFT