

## Appendix 1



### Reducing restrictive interventions policy Easy-read version



### For Shropshire



- This policy is about making sure that people have as much freedom as possible.



- Sometimes people can become angry or upset and can need staff to help keep them and others safe.



- All behaviour happens for a reason.



- If this happens, services must assess the person's needs to understand the behaviour and see how best to support them. They will then design a plan.



- The plan will have ideas to improve the person's quality of life and help the person find positive ways to get what they need.



- The plan will also include how to support the person if they do get upset or distressed. The person and their families/carers should be involved in writing the plan.



- In an emergency, staff may have to touch or hold the person to keep them safe. People must still be treated with respect. Staff will not hold anyone unless they really have to. Staff should always do what is best for you and do what the law says.



- **Staff will write down what happens on an incident form. People must be able to talk to someone after an incident.**



- **Staff will have special training so they can support people in a safe way.**