**Position Statement**

****

**Restraint**

Some people with learning disabilities may display distress behaviours when upset. Those living in care or health services may be subject to restraint during these times. This restraint could be chemical or physical.

It is important that any form of restraint is only used when and if absolutely necessary. Being placed in restraint is not only distressing, it can be potentially dangerous. Especially if not implemented correctly.

The Framework aims to avoid the need of implementing restraint . It does this through careful planning and placing emphasis on a person centred and human rights approach to care and support. Most distress behaviours can be avoided.

Where distress behaviours cannot be avoided it is important that distress behaviours are not misunderstood as bad behaviour. It is equally as important that distress behaviours are not dealt with in ways which punish the person.

Where distress behaviours cannot be avoided they should be viewed as a form of communication. It gives those supporting distressed individuals an opportunity to reflect and to learn more about the needs of the person they are supporting and to make the adaptions which are necessary to prevent the person becoming distressed again.

**Our calls**

We urge all those who support people with learning disabilities to follow the Welsh Government’s Reducing Restrictive Practices Framework.

Restraint to be used only as a last resort

**NOTHING ABOUT US WITHOUT US!**

Tracy Austin, Chair of the All Wales People First National Council

In consultation with the All Wales People First National Council.