

DDS Fact Sheet on:

Reviewing Restrictive Interventions

The Department of Developmental Services is committed to the affirmation, promotion, and protection of the rights of the Commonwealth's citizens with developmental disabilities. However, there may be instances when the department and its providers must impose restrictions on those rights in order to protect individuals from unreasonable risk. It is important that due process is followed in developing and imposing any restrictions. This includes a thorough review by the providers human rights committee.

In reviewing a restrictive intervention, look for the following:

1. Is there a compelling reason for the restriction? Is the health and/or safety of the individual or others being put at an unreasonable risk?
2. Is this the least restrictive interventions that could solve the problem? Consider alternatives such as teaching, counseling, finding new social roles, environmental changes, etc.
3. What other lesser restrictive interventions have been tried? Why did they fail? Have there been changes with the individual or their circumstances that warrant trying again before implementing a restrictive practice?
4. What are the intended outcomes of the intervention? Is it likely to work? Could it possibly cause other problems?
5. What is the plan to eliminate or reduce the restriction? Are teaching and treatment balanced with the restriction? The plan should assist the person in gaining coping skills, learning alternative behaviors, or whatever will support the person to be able to eliminate the behavior or issue which necessitates the restriction.
6. What is the criterion to eliminate, reduce or assess the ongoing need for the restriction?
7. Does the intervention impact others (i.e. housemates, family members, etc.)? If so, what is the plan to mitigate the impact on them?

8. How will this all be monitored? How will one know that the intervention is working? Positive outcomes in people's lives are the goal; is the intervention or plan helping the person to have a better quality of life?