

Perimeter restraint self-assessment tool

Identify each person in your aged care service using the four coloured quadrants starting on the left.

PURPLE

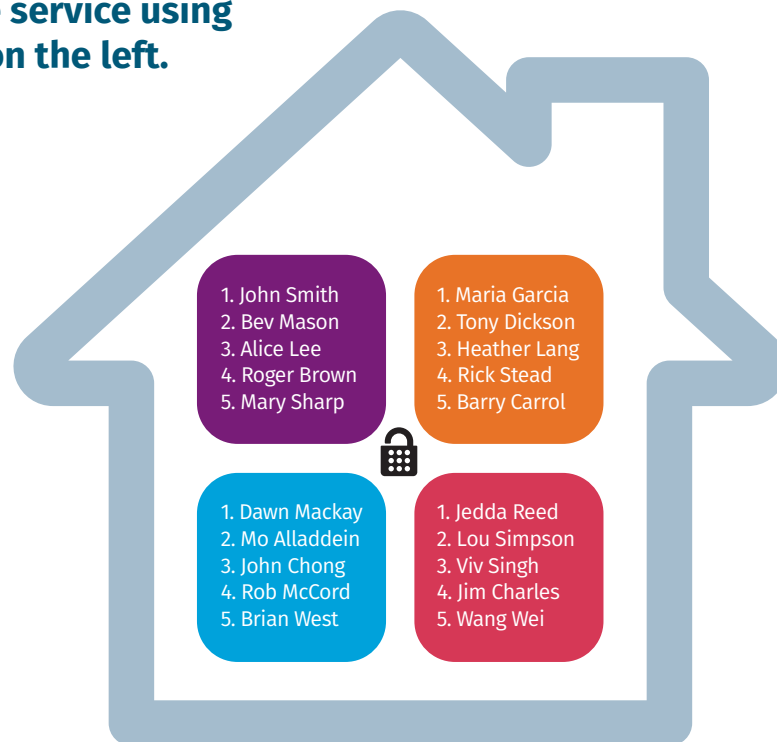
Not restraint

People who can and do leave the service. They have access to the keypad and they use the door and gate latch.

BLUE

Not restraint

People who are not restrained as a clinical condition prevents them from leaving their bed, room or service. This may be because they are unconscious or bed bound and they are not restrained by bed rails or any other restraint, for example Geoffrey in the [Commission's restraint scenarios](#).



ORANGE

Restraint

People who are restrained and unable to leave a secure area or the facility as they present a risk of harm to themselves or others. This may be because they could not cross the road safely, or they would become lost, distressed and potentially suffer an adverse outcome, for example, Maria in the [Commission's restraint scenarios](#).

RED

Restraint

People who are restrained and unable to leave their room or facility but don't pose a risk to themselves or others. They could leave and return safely but they need a mechanism or a go-to person to assist them with the door; they don't have access to the keypad as they cannot remember it; or they may not be able to reliably operate the door and gate latch.

In relation to the orange quadrant:

- Is there documentation for each person that evidences compliance with the physical restraint requirements in the Quality of Care Principles 2014 and the requirements of the Aged Care Quality Standards?
- For example, has each person been assessed as posing a risk of harm, and as requiring the restraint by an approved health practitioner? Have alternatives to the restraint been used? Is the restraint the least restrictive form of restraint possible and being used for the minimum time necessary? Is there informed consent for the use of the restraint? Has the care and services plan for the

consumer been updated in accordance with the Aged Care Quality Standards? Is the necessity for the restraint regularly monitored and reviewed?

Now consider the people who are in the red quadrant:

- What improvements can be implemented to enable and support each person to maintain their independence and autonomy?
- In practical terms what can you put in place to enable and support people in this quadrant to move freely inside and outside the facility?

agedcarequality.gov.au/resources/scenarios-involving-physical-and-or-chemical-restraint

agedcarequality.gov.au/resources/regulatory-bulletin-regulation-physical-and-chemical-restraint



Australian Government

Aged Care Quality and Safety Commission

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