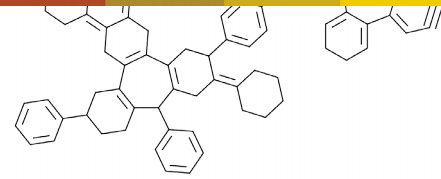


Working Together for Safer Care

Reducing Restraint Use



Restraints can cause harm, but there are alternatives. By making informed decisions, we can make resident care safer. Learn about your residents' physical and emotional needs and individualize their care plans to meet needs. Ask questions about each resident in your care, and for those with restraints, use restraint alternatives when possible.



Is the wheelchair properly fitted?



Is footwear appropriate?



Is the bed correctly lowered?



Is lighting adequate?

- **Is the wheelchair properly fitted?**
Check walkers, canes and other assistive devices to verify a good fit for each resident.
- **Is the bed correctly lowered?**
Follow recommended guidelines for correct positioning of the bed.
- **Is the resident engaged in an exercise program?**
Follow physician recommendations for integrating exercise into the resident's day-to-day routine.
- **Are there times of prolonged wheelchair seating?**
Investigate alternatives to prevent unnecessary prolonged seating in a wheelchair.
- **Is the resident engaged in a therapy program?**
Follow physician recommendations for integrating physical or occupational therapy into the resident's care plan.
- **Can the resident reach needed personal items?**
Keep personal items within the resident's reach.
- **Is a toileting schedule part of the care plan?**
Develop individualized toileting schedules for each resident.
- **Are appropriate cushions being used?**
Use wedge cushions and non-slip materials when appropriate.
- **Is footwear appropriate?**
Check resident footwear style, fit and type to promote safety.
- **Is lighting adequate?**
Provide appropriate lighting for day and night.
- **Is the environment appropriate?**
Check to see if environmental modifications are needed.
- **Are activities at the appropriate cognitive level?**
Customize activities to each resident's cognitive level.
- **Is the resident in pain?**
Assess the resident's pain, and work with a physician to integrate pain management into the care plan.

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