

# Physical restraint as a last resort

Sometimes a plan may identify physical restraint as a last resort.

Please contact your local **Te Mahau Office of the Ministry of Education**, who will support you if physical restraint is identified as part of a support plan.

If this is the case, teams will need to ensure that:

- all other possible strategies are being explored, including environmental modifications or adaptations that prevent harm and improve safety.
- it is for responding to escalating distress that would result in imminent harm.
- there is informed consent from parents, whānau and caregivers.
- the frequency is monitored and reviewed with the intention to minimise and, when possible, eliminate.

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