



Restrictive Interventions

A modification of rights is an allowable type of restrictive procedure that limits or prevents an individual from freely exercising his or her rights. **An individual's rights may only be modified to the extent necessary to mitigate a significant health and safety risk to the individual or others.** The plan to implement the restrictive procedure must be reviewed and approved by a Human Rights Team (HRT). The HRT must ensure this procedure complies with the philosophy of the least restrictive intervention. The HRT can only approve restrictive procedures that are not prohibited by the regulations.

For more information, please see the [Human Rights](#) section on [MyODP.org](#).

For information on Prohibited Procedures, please see [PA Code §6100.347. Prohibited Procedures](#) and the most recent 6400 Regulatory Compliance Guide.

A restrictive procedure is a practice that:

Limits a participant's movement, activity, or function.

Examples

- Using physical restraints (see 55 Pa. Code § 6100.348. Physical restraint)
- Physically blocking access to a room, activity, or person
- Installing a half door to the kitchen to prevent entry due to food related behaviors
- Locking refrigerator or kitchen cabinets
- Use of helmets or mitts for behavioral reasons

Interferes with a participant's ability to acquire positive reinforcement.

Examples

- Removing a participant from the immediate environment that is reinforcing (e.g., Time Out)
- Asking someone to stand or sit away from the group
- Using a token economy
- Ignoring (ignoring the participant is restrictive, but ignoring the behavior without ignoring the person is not restrictive)
- Seclusion

Results in the loss of objects or activities that the participant values.

Examples

- Using contingencies or if/ then (e.g., you didn't take a shower today so you can't go to your coin collectors group tonight, If you don't eat your meat, you can't have any pudding)
- Limiting contact or engagement with a specific person (e.g., family member or friend)
- Taking away time on a preferred activity such as gaming
- Limiting access to community settings (e.g., stores, college campuses, bar)
- Limiting or denying access to the internet or WiFi devices
- Using a token economy that results in loss of tokens or privileges (response cost)

Requires a participant to engage in behavior he or she would not engage in if given freedom of choice.

Examples

- Requiring a person to exercise
- Requiring a person to attend/participate in AA meetings
- Requiring someone to shower every morning
- Requiring someone to follow a very controlled diet
- Overcorrection (ie requiring the person to clean up the damages made by knocking items off the table but also cleaning the entire kitchen)

***Note: Examples are not all inclusive**

These examples are all considered restrictive, but not all of them are allowable. Each situation and individual is unique, and the context and reasons for the use of certain strategies influence whether the use of the procedure is allowable. Please consult with your agency's Human Rights Team for any questions.