

<u>Physical</u>	<u>Mechanical</u>	<u>Environmental</u>	<u>Chemical</u>	<u>Coercion</u>	<u>Seclusion</u>
Planned CALM Physical Intervention	Belts & Constraints Bed rails lap belts Seat Belts Chairs with tables attached Curved edged mattresses	Locked Storage child proof locks locked cupboards Locked Bins	Sedative Antipsychotic Benzodiazepines	Coercive control Intimidation Bullying/threats (I'm going to the manager) Verbally redirecting Guiding without touching Distraction	Confinement of an individual at any time of day or night, alone in a room or area from which free exit is prevented. Locked in bedroom, home or car Areas blocked off with items/mats/equipment
Unplanned Emergency Restraint to minimise risk of serious threat to life	Furniture & Equip Mobility aids Recliner/rise and Fall chairs Bean bags	Locked doors locked internal doors locked external doors locked gates in private garden	Covert Covert pathways Crushing Hiding in food or liquid		
	Passive alarms Assisted technology	Locked Medication			
	Monitoring device Assisted technology Trackers CCTV Baby monitors	Restrictive access external Access to activities Access to Places Restrictions on people they can consort with			
		Restrictive to persons items Food Social media Internet access Technology Bus pass			
		Locked Money			