

Restraint Alternatives

- ∇Assess medication use.
- ∇Ambulate the resident when restless.
- ∇Assist to the bathroom when restless.
- ∇Assist in transferring to another bed or chair.
- ∇Offer food or drink.
- ∇Encourage exercise, activities, and independence.
- ∇Offer reading material: magazines, newspapers, etc.
- ∇Assist back to bed for a nap.
- ∇Offer a few minutes of one-on-one time with a caregiver.
- ∇Decrease noise level.
- ∇Give a repetitive task.
- ∇Escort to social activities.
- ∇Distract or redirect interest.
- ∇Listen to soothing music.
- ∇Answer call lights promptly.
- ∇Provide familiar caregivers.
- ∇Increase the number of caregivers using family and volunteers.
- ∇Improve safety measures to prevent accidents and falls.
- ∇Use a team approach to meeting resident's physical and psychological needs.
- ∇Use postural devices to support and protect the residents' bodies.
- ∇Offer training seminars to teach gentle approaches to difficult residents.