**Physical Intervention Assessment Record – Restrictive Person Specific**

**Participant Name: Date:**

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| **Two Person Touch Support** – RPS 1(Restrictive) | **√** | **Comments** |
| This intervention introduces the concept of the Lead and Support Person. |  |  |
| Approach from 45 degrees. |  |
| Place nearest leg forwards Protective Stance Position. |  |
| Take your outside arm across your body. |  |
| Grasp individual’s forearm palms down thumb underneath. |  |
| With your inside hand ensure open palm, fingers and thumb together to support individual’s shoulder and call for assistance. |  |
| The Support Person mirrors position on the opposite side of the individual. |  |
| Lead Person to monitor Health and Safety. |  |
| Lead Person to indicate when they should move. |  |
| Lead Person to indicate gradient out. |  |
| Support Person to gradient out and move away but remain in vicinity. |  |
| As individual calms further Lead Person to gradient out |  |
| Health and Safety. |  |
| **Pass / Refer** |  |

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| **Two Person Arm Support** – RPS 2 (Restrictive) | **√** | **Comments** |
| This intervention introduces the concept of the Lead and Support Person. |  |  |
| You need to gradient into this intervention at the same time, approach from 45 degrees. |  |
| Place nearest leg forward Protective Stance position; take your outside arm across your body. |  |
| Grasp individuals forearm palms down thumb underneath. |  |
| With your inside hand ensure open palm, fingers and thumb together to support individuals upper arm. |  |
| Lead to monitor health and safety and indicates when to move, plus when to gradient out. |  |
| Gradient into a less restrictive intervention. |  |
| Health and Safety. |  |
| **Pass / Refer** |  |

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| **One Person Escort – A Moving Intervention**– RPS 3 (Restrictive) | **√** | **Comments** |
| From the Touch Support position move your back foot in to narrow your Stance then slide your front foot forwards placing it against the individual’s foot, slightly in front. Making a pair of shoes! Maintain, hip-to-hip, shoulder to shoulder contact. |  |  |
| As you move in closer, tuck individuals nearest arm between your body at a 90 degree angle. |  |
| Ensure your hip is slightly in front of the individual’s hip. Move inside hand across back grasping their forearm palms down thumb underneath (mirror position of other arm). |  |
| Prior to moving, ensure that your Stance is broader than that of the individual you are supporting |  |
| To gradient out move back into Touch Support Position and reassess. Then move hand from nearest shoulder first, step away releasing forearm last. |  |
| Health and Safety. |  |
| **Pass / Refer** |  |

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| **Two Person Escort – A Moving Intervention** – RPS 4 (Restrictive) | **√** | **Comments** |
| From the One Person Escort Position the Lead Person will signal that they need support. |  |  |
| The Support Person will then mirror the position of the Lead (i.e. gradient through Touch Support into a One Person Escort). |  |
| Lead Person will signal behind the individual to change the front hands to an underhand grasp. |  |
| At the same time the Lead Person will indicate that the individual’s forearms must be lowered towards their waist to alleviate pressure on the breathing centre. |  |
| Beware of joints. |  |
| Maintain ‘Hip to hip’ shoulder to shoulder’ contact. |  |
| Lead Person to monitor Health and Safety – BBANC |  |
| Lead Person to indicate when they should move. |  |
| Lead Person to indicate gradient out. |  |
| Change front hands back to palms down position. |  |
| Support to gradient out through Touch Support and move away but remain in vicinity. |  |
| As individual calms further Lead Person to gradient out through Touch Support. |  |
| Health and Safety / Aftercare. |  |
| **Pass / Refer** |  |

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| **Hug** – RPS 5 (Restrictive) | **√** | **Comments** |
| Approach the individual from the side slightly behind about a 45 degree angle. |  |  |
| Adopt a Protective Stance behind the individual, with your front foot in line with the centre of the individual. |  |
| Keep your head down low and place it against the individuals opposite shoulder. |  |
| ‘Bring your arms around the individual above the elbows. |  |
| Bring the individual’s arms down to their side. |  |
| Do not link fingers. |  |
| Beware of gender and health and safety issues. |  |
| Gradient into another intervention which is less restrictive, e.g. Touch Support. |  |
| Health and Safety / Aftercare. |  |
| **Pass / Refer** |  |

**PROACT-SCIPr-UK® Instructor Signature:**