



Restraints: Alternatives to Physical Restraints

Type	Alternative	Falls	Wandering	Agitated Behaviors
Environmental	Create a home-like environment	X	X	X
	Locate problematic residents near nurses' station	X	X	X
	Place name and photo outside residents' rooms	X	X	X
	Use light and color	X	X	X
	Use alarm devices	X	X	X
	Simplify environment, remove clutter	X	X	X
	Place large-print signs to aid wayfinding	X	X	X
	Place strips on resident, exit doors to prevent trespassing	X	X	X
	Avoid busy patterns on walls, floors	X	X	X
	Fence in property for safe outdoor walking		X	X
	Bring in pets		X	X
	Use aromatherapy		X	X
	Use music therapy		X	X
	Provide rummage boxes and rummage areas		X	X
	Keep exit doors closed, may equip with alarm		X	X
	Avoid mirrors and glass		X	X
	Reduce noise and environmental stimuli		X	X
	Personalize rooms		X	X
	Provide color-coded I.D. bracelet		X	X
	Establish wandering paths		X	X
Remove wheels from bed or chair	X			
Adapt wheelchair	X			
Alternative seating	X			
Lower bed	X			
Psychosocial	Avoid abrupt changes or rushing the resident	X	X	X
	Provide spiritual support	X	X	X
	Use relaxation techniques	X	X	X
	Provide diversionary activities		X	X
	Use therapeutic tasks/activity boxes		X	X
	Provide intergenerational programs		X	X
	Provide cultural experiences		X	X
	Distract/redirect		X	X
	Provide repeated reassurances		X	X
	Provide counseling			X
	Acquire psychological consultation			X
	Use reminiscence/life review			X

Type	Alternative	Falls	Wandering	Agitated Behaviors
Physical/ Physiological	Establish toileting schedule	X	X	X
	Establish routines	X	X	X
	Assess and treat hunger, thirst, discomfort	X	X	X
	Acquire OT/PT/SLP consultation	X	X	X
	Provide daily walking/physical activity	X	X	X
	Change medication	X	X	X
	Taper medications with adverse effects	X	X	X
	Treat all underlying causes	X	X	X
	Treat pain	X		X
	Be attentive to positioning	X		X
	Assess hearing/vision	X		X
	Establish nap schedule			X
	Provide back rubs/therapeutic touch			X
	Give warm bath			X
	Give warm milk			X
	Relieve impaction			X