

Alternatives to Physical Restraints

Type	Alternative	Falls	Wandering	Agitated Behaviors	
Environmental	Create a home-like environment	X	X	X	
	Locate residents who require more frequent observation in rooms close to the nurses station	X	X	X	
	Personalize the outside of the resident's room	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 way finding	X	X	X	
	Place strips on resident and exit doors to prevent trespassing	X	X	X	
	Avoid busy patterns on walls, floors	X	X	X	
	Fence property for safe outdoor walking		X	X	
	Bring in pets		X	X	
	Use aroma therapy		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 bracelets		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	

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Type	Alternative	Falls	Wandering	Agitated Behaviors
Psychosocial	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
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	X
	Provide back rubs/therapeutic touch			X
	Give warm bath			X
	Give warm milk			X
	Relieve impaction			X

