

Restraint Policy



Sunset Retirement Communities has held fast to the philosophy that maintaining quality of life and preserving resident dignity should be central to every service we provide. Our “restraint free policy” is just one wonderful example of how we have embraced this philosophy. We believe that sharing with you some of the following information may help in giving you a better understanding of why.

Common Myths About Restraints*

- Restraints prevent falls and they prevent injury.
- It is our moral responsibility to safeguard those in our care from harm by using restraints.
- Failure to restrain puts the facility at legal risk.
- People don't mind being restrained: it makes them feel secure.
- Restraints must be used because of inadequate staffing.
- We don't know what else to do.

* From materials used at KePro Restraint Conference, Fall 2003.

Negative Side Effects & Risks Of Restraints

- Risk of strangulation
- Loss of muscle tone
- Decreased bone density (with greater susceptibility for fractures.)
- Pressure sores
- Decreased mobility
- Depression
- Agitation
- Loss of dignity
- Incontinence
- Constipation
- And in some cases, resident death.

Benefits Of Refraining From Use Of Physical Restraints

- Improvement in quality of life
- Greater autonomy
- Use of fewer anti-psychotic medications
- Less skin breakdown
- Fewer serious injuries due to falls



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