



Alternatives to Physical Restraints for Falls, Wandering & Agitated Behaviors

<i>Domain</i>	<i>Alternatives</i>	FALLS 	WANDERING 	AGITATED BEHAVIORS 
ENVIRONMENTAL	Home environment	X	X	X
	Locate most problematic residents near nurses' station	X	X	X
	Resident's name & photo outside own room	X	X	X
	Use of light and color	X	X	X
	Alarm devices	X	X	X
	Simplify environment, remove clutter	X	X	X
	Large print signs to aid wayfinding	X	X	X
	Strips on resident doors and 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
	Pets		X	X
	Aromatherapy		X	X
	Music therapy		X	X
	Rummage boxes & rummage areas		X	X
	Exit doors kept close-may equip with alarm		X	X
	Avoid mirrors and glass		X	X
	Reduce noise and environmental stimuli		X	X
	Personalize rooms		X	X
	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		

Developed by Medical Review of North Carolina, Inc.



Alternatives to Physical Restraints

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PSYCHOSOCIAL	Avoid abrupt changes or rushing the resident	X	X	X
	Spiritual support	X	X	X
	Relaxation techniques	X	X	X
	Diversional activities		X	X
	Therapeutic tasks/“activity boxes”		X	X
	Intergenerational programs		X	X
	Cultural experiences		X	X
	Distraction/redirection		X	X
	Provide repeated reassurances		X	X
	Counseling			X
	Psych consult			X
	Reminiscence/life review			X
PHYSICAL/ PHYSIOLOGICAL	Toileting schedule	X	X	X
	Routines	X	X	X
	Assess hunger, thirst, discomfort	X	X	X
	OT/PT/SLP consult	X	X	X
	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
	Positioning	X		X
	Hearing/vision	X		X
	Rehydrate	X		X
	Nap schedule		X	X
	Back rubs/Therapeutic touch			X
	Warm bath			X
	Warm milk			X
Relieve Impaction			X	