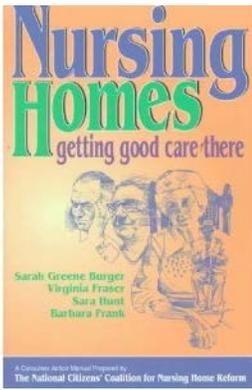


<h2 style="text-align: center;">Restraints</h2>		<p>Residents should be as independent as possible without the use of daily physical restraints. Although physical restraints may appear to keep someone safe, they have many negative consequences and nursing homes should strive to reduce and eliminate their use.</p>	
Ask	Listen For	Learn More	My Expectations for Excellence
<p>What percentage of residents here are physically restrained?</p> <p>How are residents kept safe if they have a risk of falling?</p>	<p>“Fewer than 2%”</p> <p>“We assess each resident’s needs and try several alternatives that are less restrictive.”</p>	<p>Read Fast Facts: Physical Restraints from the Advancing Excellence in America’s Nursing Homes Campaign.</p> <p>Order the free book, “Nursing Homes: getting good care there,” by e-mailing consumerguide@age.state.oh.us.</p> <div data-bbox="961 743 1213 1133" data-label="Image">  </div> <p>Read the Physical Restraints white paper from the Ohio Department of Health</p> <p>Help a nursing home better understand your loved one’s risks for restraint with the Family/Friend Worksheet and Resident Worksheet</p>	