

We can help you

If you think your rights have been violated, someone has hurt you, or things just don't feel right, call the Disability Law Center.

In some cases, we may be able to get an advocate to help you.

Disability Law Center

is a private non-profit organization designated by the governor to protect the rights of people with disabilities in Utah. Our materials are available on tape, in large print, in Spanish and in Braille. **All our services are available statewide and provided free of charge.**

Our Mission

The mission of the Disability Law Center is to enforce and strengthen laws that protect the opportunities, choices and legal rights of people with disabilities in Utah.

Our Vision

We envision a just society where all people are treated with equity, dignity and respect.

Call toll free:

1-800-662-9080 or
1-800-550-4182 (TTY)

and speak confidentially with an advocate. Or visit our website:
www.disabilitylawcenter.org



DISABILITY LAW CENTER

Utah's Protection and Advocacy Agency

What you need to know

Restraint and seclusion at the Utah State Hospital



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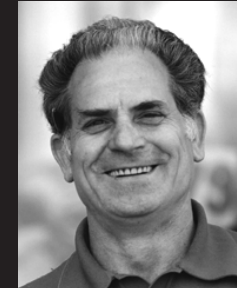
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Monday through Friday



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Equality for all abilities

1-800-662-9080
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Know your rights

It is important for you to know the basics about restraint and seclusion when you live at the Utah State Hospital.

Restraint is when you are physically restricted by another person or a device. Examples of restraint could be having staff hold down your arms and legs, or being strapped to a bed.

Seclusion is when you are forced to be in one place by yourself for a set period of time. An example of seclusion could be locking someone in a room by himself for an hour.

How to tell the staff your ideas

When you first get to the Hospital, you will meet with a nurse. The nurse will talk with you about things you can do to calm down when you get upset or angry. For example, some people listen to music to make them feel better if they get upset.

You will write these things down on a **de-escalation form**. This will help you and the staff remember your good ideas about things that help you stay calm.

The rights of the staff

It is important that you know when staff has the right to put you into restraints or seclusion.

The law says you can only be put in restraints or seclusion when you are being a danger to yourself or someone else.

Being a danger means that you will hurt yourself or someone else unless staff gets involved.

Staff cannot put you in restraint or seclusion:

- because it is easier than helping you
- to “get back at you” or punish you
- to force you to do something
- because you made a complaint
- just because they want to

If you are restrained or secluded, remember that you have rights!

You have the right to:

- See a doctor within one hour of being restrained or secluded.
- Be examined by a doctor each day you are in restraint or seclusion.
- Have your restraint or seclusion ended as soon as possible. This means that as soon as you are calm and no longer a danger to yourself or someone else, you must be let out of restraint or seclusion.
- Let someone know if you have been hurt or mistreated and get any medical help you need.
- Meet with staff after the restraint or seclusion has ended so you can talk about different ways the situation can be handled in the future.

