

Prohibited Procedures

Caregiver Learning Guide

How to use this guide: Read it alongside the lesson video, keep it as a quick reference on the job, and review it before taking the lesson quiz.

What you'll learn

- Identify the procedures that are prohibited in 245D services
- Understand why these procedures are banned
- Use safe, positive alternatives instead
- Recognize that prohibited procedures are maltreatment and must be reported

Procedures that are never allowed

Under Minn. Stat. 245D.06, subd. 5, certain procedures are prohibited entirely — they may never be used as a substitute for staffing, as a behavior program, as punishment, or for staff convenience. Using one is a form of maltreatment.

Prohibited procedures

- Chemical restraint (drugging to control behavior)
- Mechanical restraint (devices that restrict movement)
- Seclusion (confining a person alone where they can't leave)
- Manual restraint, except a true emergency (245D.061)
- Prone (face-down) restraint — banned entirely
- Corporal punishment
- Ridicule, threats, intimidation, or abusive speech
- Withholding food, water, care, sleep, or shelter

Why they're prohibited

Prohibited procedures don't reduce or fix behavior, and they cause real harm — serious injury or death, trauma, and violations of rights and dignity. There is always a safer, more effective way.

What to do instead

- Use positive supports to prevent and de-escalate (Lesson 7)
- Provide person-centered care that meets needs and honors choices (Lesson 6)
- Get help — call your team or crisis support
- Follow the approved strategies in the person's support plan



Report it

Using a prohibited procedure is maltreatment. If you see one used, report it to MAARC and per your agency's policy. See Lesson 5 for how to report.

Legal references

Minn. Stat. 245D.06, subd. 5 (prohibited procedures) · 245D.061 (emergency manual restraint) · Minn. Rules ch. 9544 · 626.557 (reporting).

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