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**NATIONAL STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

GB/T 46911-2025

**Specification for protective physical restraint services for the
elderly in elderly care organizations**

养老机构老年人保护性约束服务规范

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Foreword

This document complies with the provisions of GB/T 1.1-2020 "Standardization Work Guidelines Part

1.Structure and Drafting Rules of Standardization Documents". Drafting. Please note that some content in this document may involve patents. The issuing organization of this document assumes no responsibility for identifying patents. This document was proposed by the Ministry of Civil Affairs of the People's Republic of China. This document is under the jurisdiction of the National Technical Committee on Standardization of Social Welfare Services (SAC/TC315). This document was drafted by: Shanghai Association for Elderly Care Services and the Aging Industry, Shanghai Municipal Civil Affairs Bureau, and China Quality Certification Center Co., Ltd. Shanghai Municipal Social Welfare Center, Shanghai No.

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1 Scope

GB/T 46911-2025 is the Chinese national standard covering physical restraint of a resident - the narrow circumstances in which it may be used, the assessment and the alternatives that must be tried first, the consent, the maximum duration, the observation while it is applied and the record of every instance. It is a standard about limiting a practice rather than enabling it. First edition. It was issued on 31 December 2025 and has been in force since 1 July 2026, as a first edition. The document is under the responsibility of the Ministry of Civil Affairs. This page is published from the official record of the 2025 edition; the clause text of a standard this recent is not yet in circulation, and the figures, limits and tables it contains are those of the document itself, delivered in full with the English translation.

This document establishes the service principle of protective restraint for the elderly in elderly care institutions, and stipulates the basic requirements, service procedures, and... Requirements, service evaluation and improvement. This document applies to the implementation and management of protective restraints for the elderly in nursing homes.

2 Normative references

This document has no normative references.

3 Terms and Definitions

The following terms and definitions apply to this document.

3.1 To prevent and control the occurrence or escalation of behaviors that harm the elderly themselves or others, when alternative forms of restraint are ineffective, measures are taken to restrict their [activities/behaviors]. Temporary protective measures that allow for free movement of the body or a part of the body in order to safeguard one's own or another's life.

3.2 Devices used to restrict the free movement of an elderly person's body or specific body parts.

Note. This includes restraint straps, restraint gloves, restraint clothing, etc.

3.3 constraint alternative Used to replace restraint devices and reduce the need for restraint interventions.

3.4 Relevant third party The spouses and guardians of the elderly, as well as individuals or organizations that provide financial guarantees or agency services for the elderly. [Source: GB 38600-2019, 3.1]

3.5 Dynamic assessment The act of continuously evaluating constraints during the implementation of constraints or constraint substitution.

4 Service Principles

4.1 Principle of Joint Decision-Making Respect the elderly's right to make independent decisions, obtain informed consent from the elderly or relevant third parties, and consult with doctors, caregivers, psychologists, and other relevant personnel. A multidisciplinary team, including caregivers and heads of elderly care facilities, makes restrictive decisions together. Note

1. Elderly care facilities can inform elderly individuals of potential protective measures for future care while they are of sound mind, and obtain their prior authorization. For those without capacity for civil conduct or...