

LET'S TALK ABOUT Restraints

OUTLINE SESSION PLAN

- 10:30** Introduction
- 10:45** Defining restraint
- 11:15** Power imbalances
- 11:40** Short break
- 11:55** Traffic lights
- 12:20** Case studies
- 12:45** Moving forward
- 1:00** Close

SESSION AIMS

The aim of this session is to give participants the confidence to talk about restraint in a health and social care setting.

By the end of the session participants will be able to:

- Define restraint, and identify the different types
- Understand the balance in the relationship between PAs / carers and people they support
- Recognise appropriate and inappropriate restraint
- Understand the importance of talking about restraint
- Identify a personal action plan for continuing the restraint conversation

FURTHER READING

Links to more information can be found at:

www.letstalkaboutrestraints.org