

ABOUT THE PROJECT

What is the aim of the project?

Let's Talk About Restraints is designed to encourage and facilitate carers, PAs and individual employers to have conversations about restraint.

Why is it needed?

Though it impacts the lives of many thousands of people, restraint is not widely understood. In fact many people aren't even aware of the need to discuss it.

Even among those who do understand the issue, restraint remains a very sensitive subject and it can be very difficult to discuss.

Let's Talk About Restraints is designed to raise awareness, to remove barriers and to actively encourage people to start conversations that will improve lives.

Restraints are a complex issue, and the ways in which people's lives can be affected are almost infinite. This is why the course doesn't offer concrete answers. Instead it is designed to get people thinking about how restraints affect them, and to encourage them to start the conversations they need to have.

How does it work?

Let's Talk About Restraints takes the form of a free downloadable training toolkit. It provides trainers with the resources needed to facilitate enjoyable, informative and rewarding sessions on the subject of restraints.

Who is behind the project?

Let's Talk About Restraints is a joint project between *Disability Sheffield*, *Active Independence* and the *Sheffield Individual Employer and PA Group*.

It has been funded by *Skills for Care*.

BACKGROUND INFORMATION

LET'S TALK ABOUT Restraints



WHAT DO WE MEAN BY THE WORD RESTRAINT?

"Anything that prevents somebody doing something"

THERE ARE VARIOUS TYPES OF RESTRAINT

- Physical restraint
- Mechanical restraint
- Chemical restraint
- Financial restraint
- Restricting choices
- Withholding information

REMEMBER – ITS NOT A DIRTY WORD!

Restraint is a broad term. It can mean many different things and it can be a very sensitive subject, but it is important to have the discussion before any problems arise.

HOW MIGHT THIS AFFECT SOMEBODY?

Restraint is unique to each individual: it could mean lots of different things. Here are just a few examples we were told of...

- An elderly person might need bed rails to prevent them falling out of bed in the night
- Someone with Alzheimer's may need key pads for their doors to stop them leaving the house and getting lost
- Electronic tracking devices use global positioning technology as a way of locating a person with dementia if they are lost
- Grabbing someone's arm
- Deep seated chairs that prevent people from getting up without support to stop them wandering
- Anti psychotic medications used to treat people who are experiencing an episode of psychosis
- Being left waiting for help
- Belts to help disabled people sit upright in a wheelchair and prevent them falling out
- Leaving someone in dirty, soiled clothing
- Holding to prevent self-harm or harm of others
- Not being able to go outside and engage in community activities
- Putting things out of reach of someone who has limited mobility

WHAT OUR RESEARCH TAUGHT US

During our research we spoke to many people about restraints. We found out that:

- many individual employers had not had conversations with their carers about restraint
- it wasn't written into many care plans
- many family carers and personal assistants had no information or training on restraints
- most people would welcome training on the subject of restraint

WHAT CAN CARERS DO?

- Make sure it is written into care plans correctly.
- Jointly agree how everyone will respond in a crisis. This could be a situation when consent may not be given, for example a mental health episode or a sudden illness that affects cognitive ability.
- Open up discussions by sharing the information in this leaflet.

IS RESTRAINT ALWAYS A SAFEGUARDING MATTER?

No! The type of restraint used might be necessary to keep a person safe.

HOW CAN THINGS BE DONE DIFFERENTLY?

Sometimes people do things the way they've always been done, and may not have considered how things could be done differently.

Having a conversation with your PA or family carer about restraint is a good thing. It will help everyone think about the way things are done.

FURTHER READING

Links to more information can be found on the project website:

www.letstalkaboutrestraints.org