

LET'S TALK ABOUT Restraints

TRAINING SESSION HAPPENING NEAR YOU SOON!

A broad term

Restraint can mean many different things to many different people. Knowing what restraints are and how lives can be affected by them is the first step to understanding how we can deal with them.

A sensitive issue

Restraint can be a difficult and uncomfortable subject. *Let's Talk About Restraints* sessions are designed to encourage and facilitate carers, PAs and individual employers to have rewarding and productive conversations about the issues that face them.

Friendly, informal and fun

Sessions last for two and a half hours. They cover definitions, power imbalances, case studies and personal action plans. At the end you will understand what is meant by restraint, how it can affect people and the steps we can all take to avoid issues arising.

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