

# LET'S TALK ABOUT Restraints

## OUTLINE SESSION PLAN

<b>1:00</b>	Introduction
<b>1:15</b>	Defining restraint
<b>1:45</b>	Power imbalances
<b>2:10</b>	Short break
<b>2:25</b>	Traffic lights
<b>2:50</b>	Case studies
<b>3:15</b>	Moving forward
<b>3:30</b>	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](http://www.letstalkaboutrestraints.org)