

## Harrow Shared Lives Scheme Policy & Procedure No. 37

### Restrictive Physical Intervention

People can sometimes become aggressive or violent towards themselves or others. The Harrow Shared Lives Scheme works to prevent this sort of occurrence if at all possible, but also prepares its Shared Lives (SL) Carers and SL Workers to deal with these situations if they arise. Under common law SL Carers and SL Workers have a duty of care and can take action when necessary to prevent harm to a person who is in a SL arrangement and/or to other people. The seriousness of this kind of action is understood by SL Carers and SL Workers, so physical intervention is used only as a last resort and only in the person's best interests.

#### How would this happen?

Restrictive physical intervention is a term that covers a range of actions and means using force (or the threat of force) to restrict a person's movements or mobility, or to stop him/her from harming himself/herself, or from having dangerous or harmful contact with another person or the things around him/her, or to stop him/her from committing an offence. The use of force may involve bodily contact, mechanical devices or changes to the person's environment and this policy has been drawn up in line with government guidance about this.

The Harrow Shared Lives Scheme provides information, training, guidance and support to SL Carers, so that they understand: -

- their responsibility to protect themselves and everyone in their households from injury or harm;
- the principle of keeping the person's best interests in mind at all times;
- the possible causes of aggression or violence;
- how to defuse a situation which could lead to aggression or violence;
- how to manage aggressive situations in order to avoid the use of physical intervention;
- that physical intervention can be used only as a last resort;
- that the action taken or amount of force used must be the absolute

minimum necessary and for the shortest possible time;

- the need to do everything possible to prevent injury or distress and to preserve the person's dignity;
- that they can ask for police assistance, if necessary;
- that it is never acceptable to use physical intervention (including sedation) as a form of punishment, with unkind feelings towards the person, or for the convenience of the SL Carer or anyone else;
- their legal position if they use restrictive physical intervention;
- the need to record and report all such incidents to the Scheme without delay, with a copy of the written record being sent to the Scheme as soon as possible.

If you sometimes act in ways that might cause significant risk to yourself or others and physical intervention could become necessary in order to keep you or other people safe, the ways of dealing with this will be explained in your Service User Plan. A risk assessment and risk management plan will be included as part of this and will be drawn up with the involvement of appropriate professionals. Your SL Carer(s) will also receive specialist training and specialist professional support for this aspect of their work with you.

After receiving a report about the use of physical intervention, the SL Worker or Manager will notify the Care Quality Commission (CQC) within the required time frame. They will also make sure that you, your SL Carers and other people are provided with appropriate support following the incident, if needed.

The incident will be reviewed together with you and/ or your representative, your Care Manager and/or other appropriate professionals. The aim will be to improve understanding of the incident and see whether any new or additional steps can be taken to prevent the same thing happening again. If there are any concerns about the appropriateness or effectiveness of the physical intervention, these will normally be addressed through ongoing training, support and supervision. However serious concerns may also be addressed through the procedures for Safeguarding against Abuse or Neglect. You and/or your representative also have a right to raise concerns through the procedure for Complaints and Concerns.

The Scheme will keep a record of all incidents involving the use of restrictive physical intervention and this will be available for inspection by CQC and other regulatory bodies.

In some situations the type or frequency or length of use of physical interventions may need a court order to authorise this. There is more information about this in our policy on Restriction of Liberty.

**See these other policies and procedures and documents for further**

**information on:**

- Making choices and decisions
- Risk assessment and risk management
- Restriction of liberty
- Accidents and dangerous occurrences
- Aggression towards SL Carers and workers in the service
- Dealing with emergencies and crises
- Health and safety
- Working with and responding positively to people who challenge services
- Service User Plan
- Individual planning, monitoring and review
- Record keeping
- Safeguarding against abuse or neglect
- Complaints and concerns
- Whistleblowing
- Training and development