

You said, we did – Restrictive practices



Restrictive practices can be used in hospitals to stop people from doing something that is a danger to themselves or other people.



They should only be use if nothing else has worked – a last resort.



They should only be used where there is a real chance of harm.



We asked the group how we can help reduce the use of restrictive practices in hospital for people with a learning disability and autistic people.



You said:

- Make a plan to avoid restrictive practices, involving people, families and an advocate.



- People need to know their rights and how to get the right support.



- If restrictive practices are used, people and families should know why this has happened and they need to know how to raise a concern or make a complaint.



This should link with Ask Listen Do - www.speakup.org.uk/asklistendo



- Training is important. There needs to be information for staff about how to avoid restrictive practices.



For example staff should learn that most behaviour people call 'challenging' is really communicating something.



- Every incident needs to be reported and learned from.



- Inspections need to be joined up and improved.



We did:

- We are working to make sure that there is the right information about restrictive practices and human rights for people with a learning disability, autistic people, families and professionals.



- We are looking at how we can make it easy for families and people to raise concerns about restrictive practices.



- We are working with Health Education England to look at training for staff.



- We are working with the Care Quality Commission to talk about the concerns people have about services.



- We are working to improve the way the restrictive practices are recorded.