

## What do we mean by the word restraint?

“Anything that prevents somebody doing something”

### How might this affect you?

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
- Antipsychotic 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 their 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

## Are you disabled?

Do you employ your own staff or have family carers?

Disability Sheffield teamed up with Active Independence and Sheffield City Council.

We consulted with people who employ their own personal assistants, family carers and social care practitioners.

We asked them for their understanding of the term 'restraint'.

This leaflet is formed by those responses.

## The aim of this leaflet is to help you...

- have a wider understanding of the term restraint*
- think about how to start having the conversation with your PA or employers about restraint*
- think about the different ways to keep people safe*



  
Disability Sheffield  
Centre for Independent Living

  
active independence  
making choices, taking control

  
Sheffield  
City Council

Funded by  
 skillsforcare

Sheffield Health and Social Care   
NHS Foundation Trust

*There are various types of restraint...*

**Physical restraint**

**Mechanical restraint**

**Chemical restraint**

**Restricting choices**

**Withholding information**

**Many many other things**

**'Restraint' is a broad term that can mean many different things.**

*Remember...*

**It's not a dirty word!**

*We do the same things we've always done and never really thought about alternatives!*



**From talking to people we found out that:**

- many employers had not had conversations with their carers about restraint
- it wasn't written into their 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

**If you feel you are affected by any of the above there are things you can do to help your carers have a better understanding.**

- Make sure it is written in your care plan correctly. Jointly agree how everyone will respond to your needs in a crisis. This could be a situation when you might not be able to give consent, for example a mental health episode or a sudden illness that affects your cognitive ability.
- Open up a discussion with your carers or PAs by showing them this leaflet.
- Find some training for your staff or family carers. This is available in your area.

*I want to talk to my personal assistant about the way they do things, but how?!*



**Is restraining someone always a safeguarding matter?**

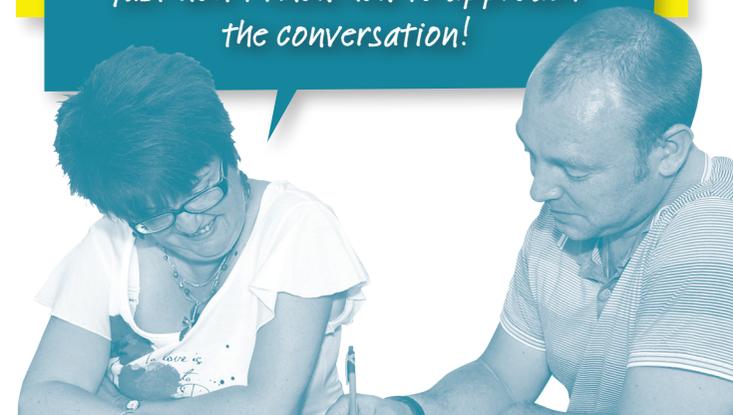
No! The type of restraint used might be necessary to keep a person safe.

**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.

*As his carer I know I need to raise the issue with my brother, but I just don't know how to approach the conversation!*



**If you are unhappy with something and would like to talk to somebody about it you can call**

Sheffield Adult  
Safeguarding Team  
**01142 734 908**

Doncaster Adult  
Safeguarding Team  
**01302 737 391**

**For more information contact**

Disability Sheffield  
**01142 536 750**

Active Independence (Doncaster)  
**info@activeindependence.org**