

# Principles and values of health and social care (adults)

## Positive approaches and restrictive practices

### Introduction

1/3

Behaviours which challenge services always happen for a reason and might be the only way an individual is able to communicate. This behaviour can happen for different reasons, which are specific to the individual.

Individuals who display or are at risk of displaying behaviours which could be challenging might need care and support which involves positive behavioural support and some form of restrictive practice or intervention. It is vitally important that it is person centred, meets an individual's needs with dignity and respect, and minimises the risks to the individual being cared for and the individual carrying out the physical intervention.

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Positive approaches and restrictive practices

## What are 'positive approaches'?

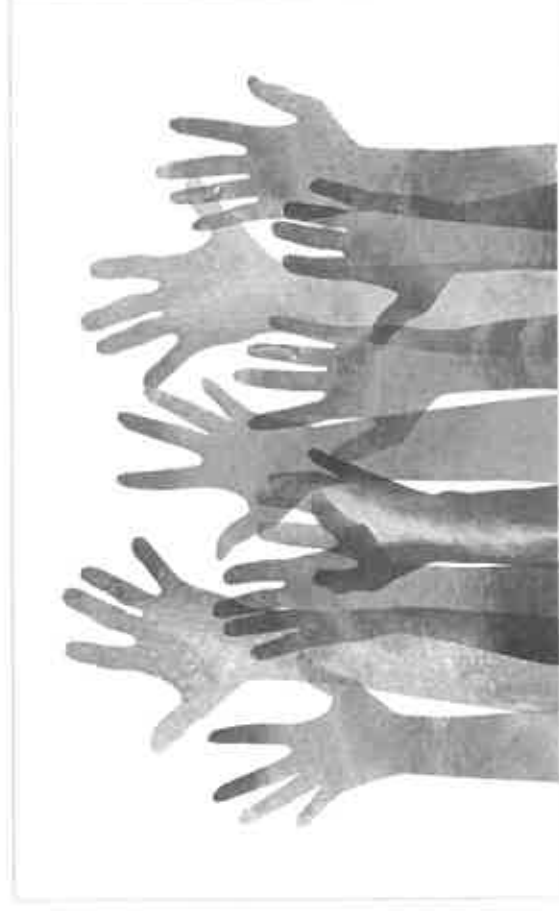
2/3

Positive approaches are based upon the principles of person centred care:

- getting to know an individual
- respecting and valuing their histories and backgrounds, and understanding:
  - their likes and dislikes
  - their skills and abilities
  - their preferred communication style and support structures
- understanding the impact of their environment upon them and using this to identify ways to support individuals consistently in every aspect of the care they receive

Positive approaches involve working with an individual and their support systems to:

- try to understand what they are feeling and why they are responding in the way they are
- where possible, undertake any required changes and intervene at an early stage to try and prevent difficult situations at all
- understand what needs to be planned and put into place in order to support the individual to manage distressed and angry feelings in a way that reduces the need for behaviour that challenges any restrictions.



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Positive approaches and restrictive practices

## What are restrictive practices?

3/3

Restrictive practices are a wide range of activities that restrict an individual's ability to do what they want to do without some form of intervention or encourages them to do things that they don't want to do. They can be very obvious or very subtle. They should be understood as part of continuum, from limiting choice, to reactive response to an incident or an emergency, or if an individual is going to seriously harm themselves or others.