

The All Wales Challenging Behaviour Community of Practice (CBCoP) - Progress in 2019

Whorlton Hall

LDMAG asked the CBCoP to consider any actions arising from the Panorama expose of abusive practice in Whorlton Hall, and relate these to the Learning Disability Improving Lives Programme (2018)¹. Improving Lives already included key recommendations for the adoption of PBS and improving commissioning to focus on co-production with individuals, families, third sector not for profit providers and registered social landlords, due to previous work by the CBCoP. Members expressed the view that several years on from the recommendations (ref 5 priorities) they made regarding Winterbourne View, whilst progress had been frustratingly slow, the UK learning disability sector has an impressive range of guidance. Now, what is needed is clear Welsh Government directives requiring compliance. The 1983 All Wales Strategy (AWS) was internationally recognised for its success in transforming services, a key factor was that funding was contingent on compliance with the AWS directives^{2*}. Remembering how this put Wales at the forefront of good practice the Whorlton Hall CBCoP report advocates a return to this approach to improve the wellbeing of future generations of Welsh citizens. The LDMAG unanimously accepted the report and will incorporate it into the Improving Lives Implementation Plan (2019) to establish a national Welsh PBS training and staff development programme, including accredited PBS training at relevant levels for support staff in health and social care with associated practice leadership. The CoP report also recommended that:

- Experts by experience are recognised as a valuable untapped resource, and actively involved in service design, recruitment, inspection and review, as equal partners in co-production.
- All services should operate a default open door policy, welcoming visitors. Families and care managers should always be able to visit living areas rather than be confined to designated visiting rooms
- Training in PBS to be available to families and personal assistants.
- High quality Post Incident Support is established
- Innovative commissioning solutions for the small but high cost population of people with learning disabilities and behaviours that challenge are piloted, 'Closer to Home' via a regional integrated commissioning between health and local authorities. Small scale community-based housing with PBS

¹ Improving lives is the latest Welsh policy concerning learning disabilities

<https://gweddill.gov.wales/docs/dhss/publications/learning-disability-improving-lives-programme.pdf>¹

² *Beyer, S., Todd, S, Felce, D. (1991) The implementation of the All-Wales Mental Handicap Strategy. Journal of Applied Research in Intellectual Disability, 4(2), 115-140.

operationalising the person-centred approach (ref) as in recent welsh



commissioning guidance.

- Commissioners should visit service settings in person before placing anyone there.
- A hospital bed should never be a home and people currently stuck in hospital as 'delayed transfers of care' are considered to be homeless
- Wales should have a similar requirement for the reduction of restrictive practice as in England despite the Mental Health Unit Use of Force Act 2018 not applying in Wales, the NHS England contractual requirement that all NHS commissioned services comply with the RNN Training Standards 2019 should.
- The Mental Health Act and Code of Practice for admissions and in-patient stays should be used more effectively.
- Training in PBS to be available for parents, teachers and other staff within education services
- More unannounced visit by inspectors, focussing on early indications of concern talking directly to people in receipt of support and involve experts by experience.

Reducing Restrictive Practice

Following on from previous work on producing Reducing Restrictive Practices in Social Care. The CBCoP was a key partner supported by the RNN in a Welsh Government cross sector group that produced the new draft Welsh Government 'Framework For The Reduction Of Restrictive Practices' that will apply across the lifespan in the Health, Social Care and Education sectors, and include all vulnerable groups such as people with; mental health conditions, learning disability, autistic people, dementia and children in care. It will be high level guidance, scheduled to go out for formal consultation in mid October 2019, with each sector able to produce its own implementation plans and policies focussing on:

- Preventing the necessity for restrictive practice through the development of positive alternative approaches and reduction strategies based on a human rights approach
- Using the PBS framework to draw together existing sector specific good practice such as Safewards, trauma informed and recovery approaches together into a coherent framework to improve wellbeing and reduce restriction and restraint.
- Identifying restrictive practice and where it is currently considered unavoidable, ensuring prior planning and training to reduce the level of response

The Welsh document provides comprehensive definitions of restrictive practice and interventions and requires that a restraint reduction plan is in place for all people subject to restriction. It will initiate a number of work streams based, such as

- Sector specific 'once for Wales' processes for reporting, monitoring and evaluating restraint and restriction
- Involvement of experts by experience
- Training in PBS and the development of practice leadership to drive implementation.

New professional practice qualifications

The CBCoP has also played a major role in developing a set of vocational qualifications applicable across health and social care led by Social Care Wales with CBCoP members writing and reviewing some units. *'Leading support for reducing restrictive practices through positive approaches for behaviour support'* is particularly relevant and timely in meeting contemporary staff development needs regarding supporting all vulnerable groups who are at risk of developing behaviours that challenge. It is aimed at practice leaders and is due to go live in September 2020. This combined with the registration of all the social care workforce (including support workers) in Wales which has already commenced, will, we believe, have the potential to transform services.

Working on PBS outcomes

The CBCoP has also worked on a Delphi research study of PBS outcomes with Dr Nick Gore of the SFDarrin research group associated with the PBS academy