

<b>WELLCOME CARE HOMES LTD</b>	<b>Reviewed May 2026</b>
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## **Aim of the policy**

This policy has been introduced to:

- Differentiate between physical restraining of a person and using equipment that can be considered in the resident's interest (eg bed rails)
- Help protect vulnerable people from abuse
- Enable staff to identify accidental forms of restraint
- Provide robust procedures to deal with allegations of restraint
- Help staff to avoid placing themselves in vulnerable positions, from risk of allegations of restraining an individual

## **1. Policy Statement**

Wellcome Care Homes Ltd operates a total NO RESTRAINT policy in order that our residents can lead their lives enjoying many of the same liberties as everyone in the community. We aim to make sure that any restrictions imposed on a resident regarding their liberty are least restrictive, and in place for as short a period as possible

We shall make every attempt to always protect our residents from abuse, and this includes the unwarranted use of methods of restraint. All staff are trained in the safeguarding of vulnerable adults & forms of abuse, and as such they should be vigilant with regards to linking restraint to forms of abuse.

It is the responsibility of everyone who witnesses what they regard as possible abuse of a resident to bring the matter to the attention of the appropriate person immediately.

## **2. Definitions of restraint include:**

- Physical barriers that impede the free movement of the individual, such as cantilevered tables placed in front of the person.
- Inappropriate use of bed rails to ensure that a person remains in bed, regardless of their personal wishes
- Locking of doors, contrary to fire safety practices & personal wishes, unless authorised via LPS ( Liberty Protection Safeguards).

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**3. The use of bed-rails:**

- Bed rails could be viewed as a form of restriction to free movement.
- They should also be viewed as a safety measure when deployed appropriately
- They must never be used without a proper risk assessment being undertaken by an appropriately trained member of staff.
- They must also never be used without the appropriate rail bumpers(if assessed as necessary) in-situ to prevent accidents & injuries.
- Residents may request their use, however a risk assessment needs to be carried out, care plan put in place, and next of kin informed of the request.

**4. In an emergency:**

Whilst every effort will be made to ensure resident safety and maintain a restraint free environment, there are circumstances which cannot be foreseen that would inevitably merit the use of some form of restraint as a last resort. Physically restraining a resident can only be done if there is a high risk of injury or death, after all other forms of de-escalation have been tried & exhausted and in the least restrictive manner, and for the shortest time possible. A post incident report, detailing all measures explored prior to restraint, would need to be completed, as well as the actual method used to prevent injury or death, and the physical & mental effects on the restrained post-event. This is an IN EXTREMIS only reaction, and should only ever be made by the senior person on site in conjunction with on-call when appropriate.

**5. Conclusion:**

While every effort will be made by Wellcome Care Homes Ltd, the management & staff at Annedd to avoid the use of forms of restraint, this can never be guaranteed. Management & staff have a duty of care to all residents, and if the safety of other residents' welfare is at any time compromised by a resident or staff member, we reserve the right to take all necessary action to prevent injury or death occurring. It is the sincere hope of all at Annedd that this situation never comes to pass, and all efforts will be made to avert a crisis through de-escalation, diversion & distraction before consideration is given to any extreme measure.