

KENT SHARED LIVES

Policies & Procedures

Page 1 of 2

(29) Restrictive Physical Intervention

Physical Intervention refers to the use of force to restrict movement or mobility, or the use of force to disengage from dangerous or harmful physical contact initiated by the individual.

It is the policy of Kent shared lives to ensure that its shared lives hosts and staff use physical interventions as infrequently as possible, that they are only used in the best interests of the individual and that when used all possible steps are taken to preserve the individual's dignity and avoid injury. Shared Lives also recognises its responsibility to ensure that the shared lives host and his/her household are protected from risk or injury.

This policy is complementary to and should be read alongside shared lives policies on Risk Assessment and Risk Management, Safeguarding Individual and Prevention of Abuse, Safe Working Practices, Record Keeping and Dealing with Challenging Behaviour. It should also be read alongside the relevant governmental guidance on restrictive physical interventions.

1. Shared lives will establish a culture in which the use of physical interventions is a last resort. Shared lives hosts and workers will receive training, advice and ongoing support on working practices which are in line with government guidance and which avoid the need for physical interventions. Training will ensure that shared lives hosts are aware of their legal position should they use physical intervention.
2. Wherever possible shared lives hosts and workers will be encouraged to effectively manage and defuse situations in order to avoid the need for physical interventions.
3. Shared Lives will ensure that risk assessment and risk management strategies are rigorously followed and that shared lives hosts receive the specialist advice and support needed to enable them to effectively manage situations where the individual is acting in a way which threatens others or himself / herself.
4. Shared lives will ensure that the shared lives host understands their obligation to follow the guidelines outlined in the care and support plan, and recorded in the shared lives agreement, on when and how they should implement physical intervention strategies and to report any use of them to shared lives at the earliest opportunity.
5. Shared lives will monitor and record the use of physical interventions and the situations from which they arise in line with its recordkeeping policy.
6. Shared lives will review any use of physical intervention by the shared lives host. The review should involve the shared lives host, the care manager/care coordinator and the individual and/or representative. Any

KENT SHARED LIVES

Policies & Procedures

Page 2 of 2

concerns about the appropriateness or effectiveness of the interventions used will normally be addressed through training, support and supervision. Serious concerns may need to be addressed through the complaints, grievance procedures or safeguarding procedure.

Information: [Government publication on managing physical restraint](#)