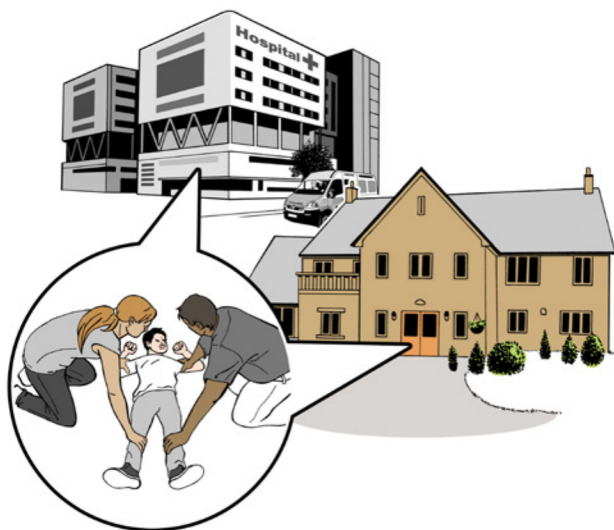


Restraint, Seclusion and Segregation



We want to listen to people who have experienced **Restraint, Seclusion and Segregation (RSS for short)** in healthcare and their families and carers.



RSS is used in hospitals, Assessment and Treatment Units (ATU), and residential care homes.



The Department of Health have asked the CQC to look at RSS and how it is used.



This is because RSS can be upsetting and the Department of Health want to change the rules to make care safer and better for everyone.



CQC have asked Advonet and CHANGE to ask people with learning disabilities, autism or mental health problems to tell us about their experiences of RSS.



They want to know what happened to them and why, how they feel about it, and how they think it could be avoided or made safer.



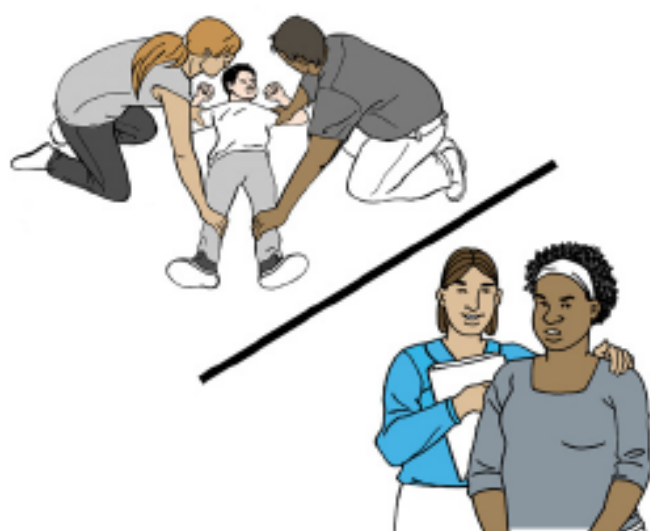
Some people may have experienced RSS without knowing, so this information is to explain what we mean by RSS.

What is RSS?

Restraint?



Restraint is when a person (usually a staff member) does something physical to a person as a way to control their behaviour.



It could be that staff put them on the ground, hold their arm when walking, or keep them in their chair by pressing their shoulder.

Seclusion?



Seclusion is when a person is alone and kept away from other people.



This is because staff do not know how to control their behaviour and are worried that they might hurt themselves or someone else.



It is not the person's choice to be on their own, away from others.



It could mean spending time in their bedroom, or in a special seclusion area, and staff control how long they are there for.

Segregation?



Segregation is like seclusion, but the person is kept away from others for a long time.

This may become the normal way that they live.



Restraint, Seclusion and Segregation (RSS) are only supposed to be used when a person might hurt themselves or someone else, when there is no other choice.



RSS can make people feel hurt, afraid, sad, misunderstood, powerless, and like a victim.

You may be able to think of other feelings.



You can be affected by RSS even if it hasn't happened to you, but happened to someone you know, or you saw it happen and were upset by it.



There are lots of ways to tell us your stories about RSS.

This project is about you and we will support you to make your voice heard and be part of making things better.



If you would like to know more about being involved in the project, you can: call Ellen at Advonet on **0113 244 0606** or email us at **RSSproject@advonet.org.uk**