

F090: Principles of health & social care

Topic area 4.3: Safeguarding in health and social care settings

Starter

Think, pair, share:

- What do you think safeguarding is?
- Who needs to be safeguarded?

THINK, PAIR, SHARE



What is safeguarding?



Safeguarding policies in care settings

Aims of a safeguarding policy:

- Stop abuse and neglect
- Prevent harm
- Reduce the risk of abuse and neglect to adults with care and support needs
- When responding to concerns about vulnerable adult it is important to take their wishes into consideration

The policy sets out how to all of this is going to be achieved:

- It will include clear protocols for how to recognise and respond to suspicions or allegations of abuse
- It will make it clear how responsibilities differ depending on the role of the staff member

Safeguarding policies in care settings

Legal requirement to have a safeguarding policy:

It is a legal requirement for health and social care organisations to have a safeguarding policy. The Health and Care Act 2022 requires that all care services have robust safeguarding policies and procedures.

The Act states.....

- Services have a statutory duty to safeguard and promote the welfare of children, young people and adults who are at risk of abuse
- Requires that agencies cooperate with each other
- Requires that agencies share information to prevent abuse and neglect
- States that procedures should be clear about who is accountable for what.

Key features of a safeguarding policy

Designated safeguarding lead (DSL)

Each setting should appoint a DSL who have overall responsibility for safeguarding in the setting. Everyone who works in a care setting should know who the DSL is.

- When other members of staff suspect abuse or neglect, they will report their concerns to the DSL
- The DSL also support staff by giving training and guidance, such as how to recognise and report suspicions of abuse
- The DSL is responsible for making sure that the safeguarding policy and procedures are being followed and are kept up to date. They will make decisions in individual safeguarding cases such as which other agencies to involve.



Key features of a safeguarding policy

Training of all staff:

The Health and Care Act 2022 requires all health and social care staff to be trained in safeguarding. This includes staff who may not provide direct care to individuals such as cleaners and receptionists.

A setting's safeguarding policy will specify the type and frequency of training for each role.

- Some staff such as cooks, cleaners and care assistants might need training on how to recognise and report abuse.
- On the other hand, managers may also need training on how to deal with staff members who are suspected of carrying out abuse.

Key features of a safeguarding policy

DBS checks

DBS stands for the disclosure and barring service, these do 2 things:

- Disclosure part is checking police records to see if an individual has been convicted of any offence. Being convicted of an offence doesn't necessarily prevent an individual from being employed in a care setting. It is up to the setting to carry out a risk assessment to decide if it is safe to employ the individual.
- The barring part of the DBS check is to check against a register of people who are barred from working in care settings. In some cases, employers can be fairly sure that an individual has mistreated service users in their setting, but the police have not had enough evidence to convict. If this is the case the setting can apply for the individual to be placed on the barred list.

Key features of a safeguarding policy

There are 2 levels of DBS check called standard and enhanced.

- Standard check lists any convictions, cautions, reprimands or warnings given by the police to the individual
- An enhanced check includes all these standard checks plus any other relevant information recorded at local police stations about the individual. E.g. information about convictions of people who live with the applicant, or if they have been found not guilty of a crime.

All care workers who will have direct contact with vulnerable people must have enhanced DBS checks.

People who do not work directly with vulnerable people have standard DBS checks.

Do now task

Recap questions

1. Why do you think a designated safeguarding lead is important?
2. With your partner, discuss the key features of a safeguarding policy. Why are these features important?

People who may need safeguarding

Task - list all of the people who you believe need to be safeguarded

Did you get:

- Children
- People in residential care settings
- People with physical and learning disabilities
- People with mental health conditions
- People with sensory impairments
- People dependent on carers
- Other vulnerable groups

People who may need safeguarding

Children

Children are at risk of abuse for several reasons e.g.

- They are usually physically weaker than abusers
- They are dependant on their caregivers and so cannot take themselves out of an abusive situation easily.
- Children are less likely to stand up for themselves and challenge people who are mistreating them. They also may not realise that they are being abused.

People in residential care settings

These individuals are at risk of abuse because they rely on other people to look after them.

- Many may feel like they cannot complain about mistreatment as they need support that is being provided.
- Many will be physically weaker than the abuser
- Others may have cognitive impairments - (dementia) so may not realise the abuse is occurring
- Less likely to be believed if they complain about the abuse.

People who may need safeguarding

People with physical and learning disabilities

- People with physical disabilities are more likely to be abused because they often cannot physically protect themselves.
- People with learning disabilities may not understand that they are being abused or able to communicate their situation
- Both groups are likely to be dependant on others - putting them at greater risk

People with mental health conditions

- People with mental health conditions may not have confidence or mental strength to be able to stand up to abusers or report the abuse
- They may not have a strong support network making them feel isolated and alone
- If they did report the abuse, their mental health status may make it less likely that they would be believed

People who may need safeguarding

People with sensory impairments

People with sensory impairments such as hearing or vision loss are more susceptible to abuse.

- One reason is because they are much more dependent on other people for support.
- Their sensory impairment may make communication harder for them, making them less likely to report abuse

People dependent on carers

Most of the previous groups are vulnerable because they are dependent on carers, which makes them less likely to report abuse.

The people providing care may be more likely to abuse these people because of the challenge of looking after the SU, e.g.

- A family carer may be tired and have a lot of restrictions on their life due to the caring responsibilities and may lash out.
- A formal carer may work in a setting which has a culture that accepts and tolerates abuse.
- Abuse may also occur if staff are overworked and trying to cut corners

Task: choice board -Safeguarding Policies in Care Settings, choose one to complete

Assignment Title	Assignment Description
Research Report	Write a report on the aims of safeguarding policies in care settings.
Presentation	Create a slideshow presentation highlighting key features of a safeguarding policy.
Infographic	Design an infographic that outlines the legal requirements for safeguarding.
Case Study Analysis	Analyze a case study involving safeguarding issues and present your findings.
Blog Post	Write a blog post reflecting on personal views about safeguarding policies in care settings.
Quiz Creation	Create a quiz that tests peers on the understanding of safeguarding policies and their aims.

Impacts of lack of safeguarding

Physical impacts

- Injuries caused by physical abuse such as bruises, broken bones and burn marks
- Effects of neglect - example, people who have not been provided with enough food may be severely malnourished which might make their bones and muscles weaker
- Children who are abused or neglected may not develop physically and may lead to permanent physical effects - deformed bones and poor growth

Intellectual impacts

When people are being mistreated they are less able to focus on intellectual activities e.g.

- Children who are being or have been abused are likely to be significantly behind in school - this may limit their future career options
- Adults who are being mistreated may find it harder to manage their lives as it may impact their ability to think clearly

In some cases, abuse and neglect will lead to cognitive decline making conditions such as dementia more likely

Impacts of lack of safeguarding

Emotional impacts

Abuse and neglect can have a severe impact on emotional development and often leads to mental health difficulties.

- Depression and anxiety are common consequences of being abused
- Individuals may have nightmares about past abuse
- They may be so anxious about being in situations that they are unable to lead a normal life
- Having low self-esteem is another likely outcome.

Social impacts

Many people who experience abuse withdraw from social contacts.

- They may feel ashamed and worry that people will find out that they are being abused
- Some abusers deliberately separate the people they are abusing from other people, to make it less likely that they will disclose the abuse
- People who have been abused find it harder to trust other people - making it harder for them to form relationships

Dealing with disclosures

It is vital to following safeguarding procedures when dealing with suspected abuse. Disclosure of abuse are when someone informs you that abuse has taken place.

What would you do if someone disclosed abuse to you?

Who would you report it to?

Disclosures can be made by the person being abused, a witness to the abuse or even the person carrying out the abuse.

Dealing with disclosures

Duty to report suspected abuse

Everybody who works in care services has a duty to report suspected abuse regardless of what job role they have.

For example if a cleaner in a nursing home noticed one of the residents being mistreated by one of the care workers they have a duty to report what they had witnessed.

In some cases victims of abuse do not want the allegation of abuse to be reported, because they are afraid that it might make things worse and they do not want to cause a problem. Even if the victim asks for the disclosure to be kept 'secret/private' the worker must report the abuse.

They must inform the SU that they will be passing the information on and reassure them that it will be kept confidential as far as possible and actions will be taken to protect them.

Starter

Think, pair, share:

- What do you think abuse is?
- Who needs to be protected from abuse?

THINK, PAIR, SHARE



Abuse



Abuse

Task:

Mind map examples of the different types of physical and emotional abuse you can think of.

Once completed share your mind map with others giving them the opportunity to 'borrow' your ideas and expand upon their own mind maps



Abuse

Physical

Physical abuse is a deliberate act to cause pain or injury to a person through bodily contact, including:

- Hitting, kicking, pushing, biting, using objects to cause harm and burning
- Depriving someone of food, drink or important medical assistance
- Restraining someone against their will - if this is needed as part of the care plan this must be documented outlining the method that would be used.
- Giving someone medication which affects their ability to make their own decisions - so they are easier to control

Emotional

Emotional abuse is where a person is treated in a way that lowers their self-esteem and self-worth. Including:

- Manipulating people, intimidating them or undermining them
- Name-calling or using other insults
- Gaslighting - when someone is manipulated into doubting themselves. Done by contradicting them and disregarding their views and opinions
- Using threats and intimidation
- Making someone feel guilty or ashamed of themselves
- Isolating individuals from other people who might support them

Abuse

Task:

Mind map examples of the different types of sexual and financial abuse and neglect you can think of.

Once completed share your mind map with others giving them the opportunity to 'borrow' your ideas and expand upon their own mind maps



Abuse

Sexual

Sexual abuse is any type of sexual activity where consent is not given or cannot be given, or when someone is coerced, for example:

- Making unwanted sexual comments, advances or threats in person or online
- Forcing someone to look at sexual images or pornography
- Unwanted touching
- Forcing or coercing someone into sexual activities

Groups of people unable to legally give consent are:

- Children under 16
- If they are unconscious
- Some people with cognitive impairments - learning disabilities or dementia

Neglect

Neglect is where a carer does not provide proper care or protection - for example:

- Not providing people with food, drink or appropriate clothing
- Not seeking medication attention if it's clear the individual needs it
- Not providing sufficient emotional support
- Not allowing a child to go to school, or be given other forms of education
- Leaving vulnerable people (e.g. children or the elderly) without supervision which could lead to them getting hurt.

Abuse

Financial

Financial abuse is controlling someone's money or property. For example:

- Manipulating someone to leave money in their will
- Borrowing money on their behalf
- Stealing money or valuables directly from the individual
- Conning someone out of money such as by tricking them to pay for services they do not need.



Abuse



Follow reporting procedures

Each setting safeguarding procedure will give clear details about how abuse should be reported in settings there will be differences between different organisations. Common procedures are:

- Reporting abuse to the DSL or deputy the same day as it is uncovered
- Creating a written record of the concern on the same day to include
 - Date and time of the incident/disclosure
 - Name of the individual concerned
 - Details of the type of abuse or concern
 - Name of potential abuser if known
 - Details of any witnesses
 - Any immediate actions taken such as calling the police

Any reports about what an individual has said should be direct quotes.

Managers within the organisation may also need to report the suspicion of abuse to other agencies e.g. social services or the CQC

Taking action



Support and comfort the individual

If someone makes a disclosure that they are being abused, it is important to offer them support and comfort.

They should be assured that action is going to be taken but you should avoid making them any promises.

It is important that they feel that they are being listened to.

Do not judge

It is important not to judge an individual when they are making a disclosure of abuse. They will also mean being careful about what your body language and facial expressions are communicating.

It is important for the person to feel that they are listened to and that they can talk freely about the incident without being judged. If they feel judged at their first disclosure, they are unlikely to take further action.

Maintain confidentiality

The requirement to maintain confidentiality is set out in the Data Protection Act 2018.

Disclosures of abuse often require an even higher level of confidentiality to protect the individual.

People should only be given access to information about abuse allegations on a need-to-know basis.

This will involve the DSL and people from agencies such as the police and social services.

Protect self

When you have received a disclosure of abuse you may have to protect yourself from physical harm.

- The person who has carried out the abuse may now see you as a threat and try to assault or threaten you to protect themselves
- You may also need to protect yourself emotionally, as receiving an abuse disclosure can be very upsetting.
- You will need to be able to talk about your feelings but will need to take account of confidentiality as well.
- You can protect yourself professionally by following all the correct procedures and writing reports in the correct way

Task

Apply your understanding

A social worker visits Tom, 62 due to reports by a neighbour of possible abuse. He has been diagnosed with dementia and lives alone in a small house. The neighbour reported that Tom's personal hygiene seems to be slipping and has noticed some unpaid bills piling up. He also noticed that Tom often seems anxious.

What would you recommend the social worker should do in this situation?

Task - Types of Abuse and How to Deal with Disclosures: Choice Board

Assignment Title	Assignment Description
Research Report	Write a 2-page report on the different types of abuse.
Podcast Episode	Record a short podcast discussing the impact of abuse and how to support someone disclosing.
Personal Reflection	Write a one-page reflection on what you learned about handling disclosures.
Group Discussion	Participate in a group discussion about types of abuse and effective responses.
Public Service Announcement (PSA)	Create a PSA video or poster to raise awareness about abuse and support systems.
Case Study Analysis	Analyze a case study on abuse and propose ways to handle the situation.
Creative Storytelling	Write a short story that addresses the theme of abuse and the importance of support.