

Paul Scarrott

Definition of restraint

“Restraint means someone holding me down or putting me away...”

- Paul Scarrott

“...restraint is defined as ‘the intentional restriction of a person’s voluntary movement or behaviour.’”

- (Royal College Nurses, 2008, [\[Online\]](#), London, UK)

Types of restraint

Physical – staff members holding, moving or blocking someone's movements

Mechanical – using equipment to stop a person from doing something

Chemical – using medication to stop people from doing certain things

Psychological – being told you can't do things or having aids taken away from you to stop you doing things

Back at the beginning



I was **5** years old when I went to boarding school.

It was a school for people with learning disabilities.

“It felt like a prison camp...”

Punishment

“I was always being told off.



**The staff got stricter and
took away my privacy.”**

Abuse

**“I have been abused by
different people in my life.**

They were bad people.”

Moving on

I left school when I was **15**.

When I was in my **20s** I decided it was time for me to live my own life.

I was able to get a job, pay rent and afford to live with friends.

Finally a new home.

The Devil

I was always told I was cursed by the devil.

I couldn't tell anyone what had happened because the devil would kill me.

Both my dad and teacher died when I was in my **30s**.

My memories started coming back and I began to get really angry.

I didn't know why but I was taking it out on Jackie.

The overdose

**“I took 13 pills and
drank lots of whiskey. I
couldn't take it
anymore.”**

“I called out for an ambulance...”

Getting help

I was taken to hospital.

I met a team of psychiatrists led by a man named Chris. Chris helped me a lot.

I was supported to stay at home until things became too much.

Chris drove me to the unit. I volunteered to go. There were no restraints.

“As soon as the door closed, the weight lifted from me. I felt safe and that no one could get me.”

Life in the unit

I had my own room!

I continued my meetings with Chris.

There were 3 other people staying in the unit when I was.

I kept myself to myself because I found it hard to trust people.

I got scared about leaving the unit and coming home.

Leaving the unit

Chris called me to make sure I was ok.

I had support at home.

I got a job that wasn't too stressful.

I met *My Life My Choice*.

I began to find my own way.

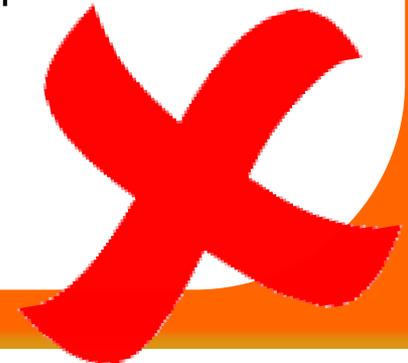
What helped?

- Having the learning disability team involved
- A special team from the unit to help me stay at home
- People being honest and explaining things to me
- A helpline I could call if I needed anything
- Support to tell my story and to write it down
- Friends support
- [Music](#) and books helped [me](#)
- My Life My Choice helped me to get to where I am now.



What didn't help

- Family – I didn't have any support from my family
- Lack of local services
- When I tried to ring out of hours doctors, they didn't know I had a learning disability and they thought I was just being a nuisance
- When I tried to call a number at a hospital, they wouldn't come and see me. They said they couldn't help me. Instead they sent the police to my door.



**Any
Questions?**