

## **Restraint Reduction Network – Steering Group - Terms of Reference – 2019**

### **1. Background/rationale**

- The over-reliance on the use of restrictive practices when supporting vulnerable people is an ongoing and significant concern. In recent years there have continued to be a number of scandals associated with the abuse of such practices as well as a number of deaths associated with physical restraint. There is a clear need for cross sector collaboration to reduce reliance on restrictive practices, improve support for people in vulnerable situations, and ensure people's human rights are respected and protected
- The Restraint Reduction Network steering group is a coalition of the willing who are committed to reducing restrictive practices and protecting human rights.

### **2. Restraint Reduction Network vision/mission**

- Our vision is for a society which respects and protects the rights of all people (staff and patients). We want to create a culture of respect for human rights across education, health and social care services so that services are safe, dignified and respect people's autonomy and well-being, and reduce reliance on restrictive practices.

### **3. Restraint Reduction Network purpose/aims**

- To reduce reliance on restrictive practices
- To translate research into practice
- To share learning and best practice
- To develop guidance and quality standards
- To improve training and develop workforce skills
- To facilitate culture change that promotes fundamental human rights and minimises degrading treatment
- To support organisations and services to reduce reliance on restrictive practices
- To lead a global restraint reduction movement

### **4. Restraint Reduction Network scope**

- Reduce reliance on restrictive practices including
  - Physical
  - Environmental (seclusion/long term segregation)
  - Mechanical (eg cuffs/splints)
  - Chemical (eg PRN and routine chemical restraints)

- Psycho-social (e.g coercion/bullying)
- Other restrictive practices – includes a broader range of practices that also negatively impact on quality of life (eg institutional models of care and blanket restrictions)
- Across children and adult services
- Across education, health (including forensic), social care
- Across mental health, autism, learning disability and dementia services
- Across the UK (and beyond where appropriate)
- Oversee the UKAS accredited certification scheme of compliance with Restraint Reduction Network Training Standards (and licence to CABs with logo™ )
- CABs and Bild Association of Certified Training delivery of certification is outside the scope of the steering group (but the group oversee the training standards and licensing to certification bodies). The certification manager from a certifying body will be invited to meetings.

## **5. Deliverables/outcomes**

- Steer and oversee the development and continuous improvement of Restraint Reduction Network Training Standards (and license their use to certifying bodies) to ensure the safe use and reduction of use of restrictive practices and work to ensure these apply across health, social care and education and cross the four nations of the UK
- Steer and oversee the development of the Restraint Reduction Network Community of Practice (and Positive and Safe Champions Network) to share learning and improve practice across the sector
- Develop organisational and individual self-assessment tools to facilitate reduction in restrictive practices
- Steer and oversee the annual RRN conference to share research and best practice across the sector
- Map and share via portal relevant guidance and resources and coordinate work across the sector
- To increase organisational and professional membership of the RRN and ensure membership supports the restraint reduction movement
- To deliver a brief annual report summarising progress and next steps

## **6. Funding (CoP)**

- Initial funding from DH for a Restraint Reduction Network community and positive and safe champions network

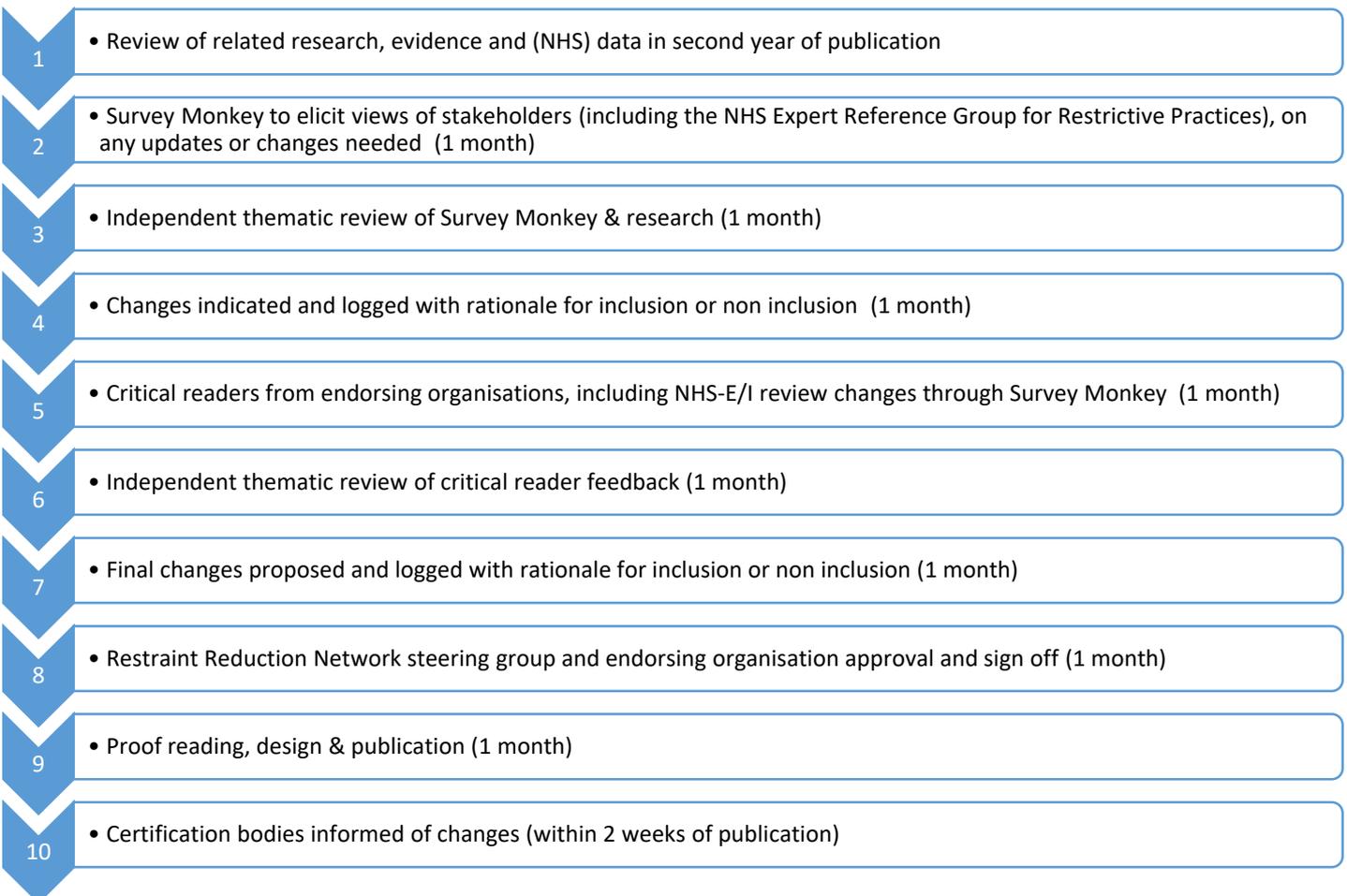
## **7. Wider membership of Restraint Reduction Network**

- Restraint Reduction Network is a membership organisation
- Membership is free
- Membership used to involve taking a pledge
- From November 2019 membership will involve demonstrating a commitment
- For individuals this will involve watching a choice of awareness videos (akin to dementia friends)
- For organisations this will involve submitting a high level priorities or action plan to reduce reliance on restrictive practices (akin to Dementia action alliance)

- All organisations who joined on a pledge must move to new model of membership by end April 2020
- All members of the steering group must also have signed up to be members of the Restraint Reduction Network by July 2020
- All members are invited to the Restraint Reduction Network AGM during the Restraint Reduction Network's autumn conference

## 8. Proposed process for updating standards

- The process will be led by the Restraint Reduction Network director with support and scrutiny from trustee representing ALBs and trustee representing professional bodies.
- The standards must be updated within three years
- Review of research will start in second year
- The updating process takes one year so review must start at the end of the second year
- Reviewing groups will always include people with lived experience
- The steering group will have final sign off the RRN Training Standards (including revisions and new editions)
- Ongoing public feedback gathered through email on the Restraint Reduction Network website
- Appendices will be updated as part of an ongoing process over the three years – through small expert reference task and finish groups



## 9. Restraint Reduction Network steering group

### • Roles & Responsibilities

- Bild helps facilitate the Network and will provide the secretariat the steering group – coordinating meetings, agendas and minutes
- The steering group will be chaired initially by Joy Duxbury (with Ray Walker or Colin Dale deputising) and this will be reviewed at AGM (at residential conference)
- Chairs terms of office will be four years and may be re-elected no more than once
- Nominations for chair will be submitted from members of the Network steering group to Bild. Where there are multiple nominations chair will be elected by members of the steering group.
- The Board of Trustees includes representation from person with lived experience, a representative from an ALB and a representative from professional body and is chaired by Colin Dale

### • Meetings

- Meetings will take place quarterly – the majority in London to ensure links with government (with at least one meeting a year elsewhere in the UK)
- All expenses for people with lived experience will be paid

### • Membership (steering Group)

- The Restraint Reduction Network steering group includes representation from
  - People with lived experience of restraint
  - Relevant government departments & ALBs (inc DHSC, NHSE, HEE, DfE)
  - Professional bodies (inc RCN, RCP, BPS, BASW)
  - Regulators (inc CQC, Ofsted, EHRC)
  - Relevant VCSE organisations (inc NASS, CDC, Mind, BIHR, Young Minds)
  - Relevant bodies in other nations (inc LD Wales, SCLD)
  - Leading academics and practitioners in the sector (not directly involved in training)
  - Relevant networks
  - *Certified training providers (typically 5, including one not for profit in-house only training provider, 1 not for profit service provider who also provides external training, 1 private sector service provider, 2 training providers who do not provide services ensuring reach across sectors including education and health – re-elected every two years at annual certified orgs meeting (held at residential conference)*
- All members are required to act in the best interests of the Network and represent their organisation.
- Typically there will be no more than one representative from any organisation. Each organisation represented may also have deputy who covers where usual rep is unavailable.
- Organisational members of the Network (who have submitted an action plan) may request to join the steering group in writing stating what additional skills they offer and how this compliments the expertise and reach of existing members
- All steering group members must complete conflict of interest declarations and must not be unduly influenced by commercial interests that compromise the aims and integrity of the Network
- Members who miss three consecutive meetings without good reason will be removed from the steering group