

Impact of the Covid-19 pandemic and lockdown on restrictive practices

1

Main findings

Nearly 90% of people thought it had been harder to balance safety and best interests during the lockdown.

Just under one fifth reported there were times when they thought best interest decision making had been unnecessarily compromised by safety concerns.

2

70% of respondents thought it had been harder to maintain a culture of using less restrictive practices and promoting human rights.

3

- One third of people thought there had been more physical restraints
- one third of people thought there had been less physical restraints
- one third of people thought there has been the same amount as usual

People thought the increases were in services for people with mental health conditions and the decreases were in services for people with learning disabilities.

4

Between one quarter and one third of people said they thought there had been increases in the use of medication, seclusion and segregation.

5

There were many examples of good practice which people thought would be good to use in the future:

"...Staff have been really innovative about how they communicate with patients to help them to understand what is happening. Also a focus on maintaining relationships with family and friends virtually for patients."

"Assuring that each individual in care had daily contact with staff and had numerous activities and diversions they could choose to use in their own spaces including books, music, email with personal phone use."

"Active support -promoting engagement, choice and control, keeping people occupied in rewarding tasks and enhancing skills. Improved morale of people supported and staff."

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