

Blanket Restrictions

Blanket Rules are rules that everyone has to follow. Some blanket rules are needed because they are the law. But other rules might not be fair if you are safe and responsible.



What **Rules** do I **have** to follow?

Are these rules **just for me** or does **everyone** have to do them?

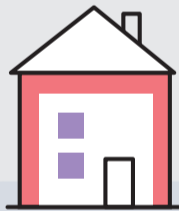
If you are unsure about a rule you have to follow, ask:

What is the **Reason** for this rule?

How long do I have to follow this rule for?

RULES

YOUR RIGHTS!



The British Institute of Human Rights
bihr.org.uk



The Human **Rights** Act says that if I am safe I should be allowed to move about freely where I am being cared for.

I should be able to talk to and see my family and my friends.

I should be able to make choices for myself and have the things I like with me.

(Article 8)

What to do if you think the rules are not fair:

Talk to someone that is looking after you.



Speak to an Advocate.



Ask your parents/guardians to advocate for you.



Complain to PALS.
(Patient Advice and Liaison Service)

Contact the CQC.
(Care Quality Commission)

If people think I need to follow a rule that feels unfair, the people that care for me have to check I need it to keep me safe.

This is called a **Review** of blanket rules.

