

# 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.

## Rules



Some rules are implemented for legal or policy reasons eg set mealtimes and no weapons. These rules are reasonable.

Other rules may be put in place by staff and are based on what they think is best for everyone eg no hot drinks. These rules may not be fair.

## Reasons

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

What is the reason for this rule?

How long do I have to follow this rule for?

Rules must be:  
**Reasonable.**

**Individual** – the rule should be discussed with you and you should be told why it's important.

**Shared** via your care plan. They should be proportionate to your risk and you should know why the rule is needed (justifiable).

**Kept** as least restrictive as possible.



## Rights

Article 8 of the **Human Rights Act** says you have a:



Right to respect for private and family life, home and correspondence. (Article 8)

**Right to autonomy.** For example making decisions for yourself.

**Right to family life.** For example being able to see your family and friends, talking to them on the phone and using the internet to see them.

**Right to a private life.** For example being able to talk without people listening, send and receive mail without others looking at it and having responsibility for spending your own money.

Some rules are important to keep people safe, but there must be a good reason if it is applied to you.

## What to do if your rights are violated:

Speak to an Independent Mental Health Advocate.



Talk to your named nurse.



Ask your parents/guardians to advocate for you.



Complain to PALS.

[www.nhs.uk/nhs-services/hospitals/what-is-pals-patient-advice-and-liason-service/](http://www.nhs.uk/nhs-services/hospitals/what-is-pals-patient-advice-and-liason-service/)

Contact the CQC.

[www.cqc.org.uk/contact-us/how-complain/complain-about-service-or-provider](http://www.cqc.org.uk/contact-us/how-complain/complain-about-service-or-provider)

## Review

Blanket restrictions must be reviewed regularly.

