

STATEMENT

For Immediate release: 25.03.22

Restraint Reduction Network responds to Care Quality Commission's Progress Report

The Restraint Reduction Network (RRN) has today (25.03.22) welcomed the Care Quality Commission (CQC) [Restraint, segregation and seclusion review: Progress report \(March 2020\)](#). The progress report found that many autistic people and people with a learning disability continue to experience inappropriate services within poor cultures that do not meet their individual needs.

The report describes progress made on the 17 recommendations published in CQC's [Out of Sight – who cares? report](#), published in October 2020.

Alexis Quinn, Manager of the Restraint Reduction Network, activist and Autism campaigner, said: *“Today the Progress Report highlights the disparity between our health and social care systems aspirations and reality. We are sadly far from providing the kind of support people deserve, and need, to live ordinary lives in the community.*

“The CQC report has found that community support is insufficient. There are not the right services, with the right expertise to work proactively and in an integrated way. It is also evident that there is the continued over-reliance on restrictive practices indicating that systems are reacting and responding to distress too late, rather than seeking to listen, connect and work with people before they reach a state of crisis.”

The CQC highlights the responsibility of the [Building the Right Support plan](#) in ensuring the timely development of a system that is integrated. This means that people should experience support that views them as a whole person and which doesn't fragment them into different systems e.g. education, health and social care. The CQC also makes it clear that people with lived experience and their families must be fully involved, and their views responded to, so they receive the support they need, at the time they need it.

It is well known that inpatient settings by their very nature are highly restrictive environments and often exacerbate peoples' difficulties, forcing them into a 'one-size-fits-all' mould. More than ever, the RRN wants to see a system that is integrated and where the person and their family can exercise agency and control; choosing what they need, when they need it.

The report highlights the importance of the [HOPE\(s\) programme in helping reduce the number of people in long term segregation](#). This programme focuses on changing cultures that support people, rather than the person themselves. The report also highlights the need for certified training that complies with the [RRN Training Standards](#).

The RRN strongly supports CQC's recommendation that *‘The government should consider a cross-departmental review of restrictive practice for children with special educational needs and disabilities, including schools and anywhere children are living away from home’*.

Alexis Quinn continues: *“It is vital that children and young people are supported to achieve their potential in their homes, schools of their choice and in communities. We need to work proactively so that people do not experience crisis in the first place. More work needs to be done to rethink the system and how it functions if we are address the failures highlighted in this CQC Progress Report.”*

To view the Care Quality Commission (CQC) Restraint, segregation and seclusion review: Progress report (March 2020), visit: https://www.cqc.org.uk/sites/default/files/20220325_rssreview-progress-march_print.pdf

The RRN is a coalition of committed organisations and individuals who provide education, health and social care services, alongside experts by experience and families, all aiming to eliminate the use of unnecessary restrictive practices.

To find out more about RRN’s work, visit: <https://restraintreductionnetwork.org/>

Further information on RRN Training Standards is available at: <https://restraintreductionnetwork.org/know-the-standard/>

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Further Information

For further information, or to interview Alexis Quinn, please contact Laura Smith at Consilium Communications via lsmith@consiliumcommunications.co.uk / 07467945848.

Notes to Editors

- The Restraint Reduction Network has an ambitious vision to eliminate the use of unnecessary restrictive practices and make a real difference in the lives of people. The Network brings together committed organisations providing education, health and social care services.
- The Network was originally co-founded by the Crisis Prevention Institute. The facilitation and stewardship of the network was taken over by the Bild Group – a charity that exists to champion the rights of autistic people and individuals with learning disabilities – working alongside the Restraint Reduction Steering Group.
- The Steering Group includes representation from all relevant government departments, professional bodies, regulators, leading academics and wider practitioners in the sector. The group’s responsibilities include overseeing the development of new training quality standards and developing organisational and individual self-assessment tools to facilitate reduction in restrictive practices.
- Find out more about our work by visiting restraintreductionnetwork.org
- Join the Restraint Reduction Network for free by submitting your pledge to support the elimination of unnecessary restrictive practices by visiting www.restraintreductionnetwork.org/become-a-member
- Follow RRN on social media on Twitter @theRRNetwork, Facebook @RestraintReductionNetwork or LinkedIn [@Restraint-Reduction-Network](https://www.linkedin.com/company/restraint-reduction-network)