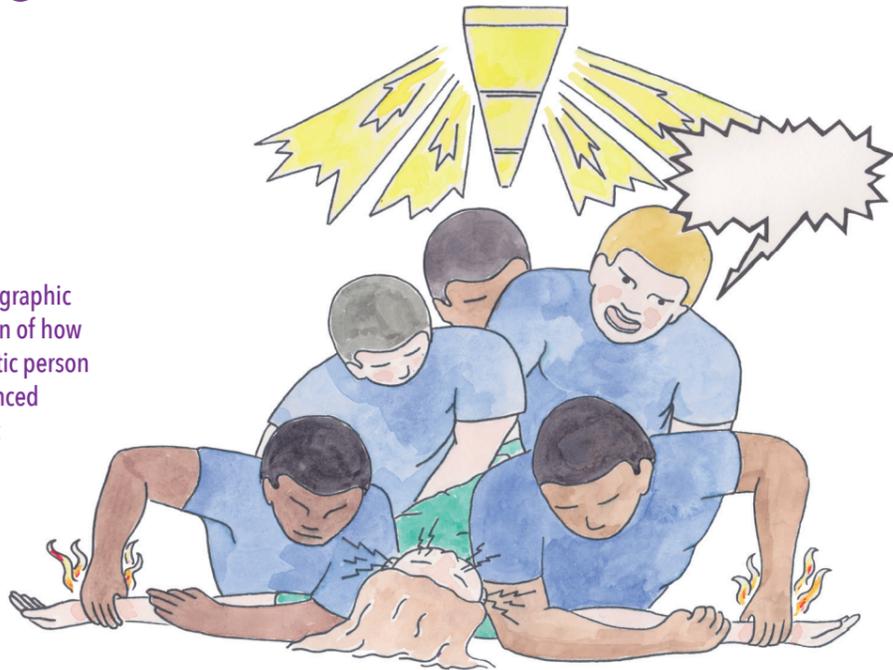


This is a graphic depiction of how an autistic person experienced restraint



## What is an incident?



**An incident is a highly emotive interaction or event that might cause ongoing stress or distress, sometimes caused by a need not being met**



(Co-produced definition)

The 'emotive interaction' or 'event' causing distress will be different for each person. It is therefore important that staff know the people they are caring for well, so that they understand what each person might find difficult or distressing.



## What is post-incident support?

The main aim of post-incident support is to secure the immediate physical and emotional wellbeing of the people involved. It is about making sure everyone is safe, managing any practicalities (eg injuries) and providing reassurance. It is not about learning about the incident and how it can be avoided in the future. This kind of learning should only be carried out by a skilled facilitator at a later stage.

It is *not* about learning about the incident and how it can be avoided in the future

## Why is post-incident support important?

Good post-incident support is a crucial element of good care, helping staff to build strong relationships with the young person and their family. It also reduces distressed behaviour and restrictive practices, helping the young person to recover and progress.



**Research shows that children and young people experience good care when staff are compassionate, caring and respectful**



(Weich et al, 2020)



**The more available and helpful staff are, the more supported young people and their carers feel**



(Biering, 2010; Tas et al, 2010)



**Supportive relationships with staff help children and young people to progress, rather than feel their behaviour is just being 'contained'**



(National Institute for Health Research, 2021; Reavey, 2017)

