

Self Neglect Workshop

*Exploring ways to manage the balance
between protecting adults at risk from self
neglect and the adults right to self
determination*



Introduction

Care Act 2014

Self neglect listed within the circumstances that constitute abuse and neglect

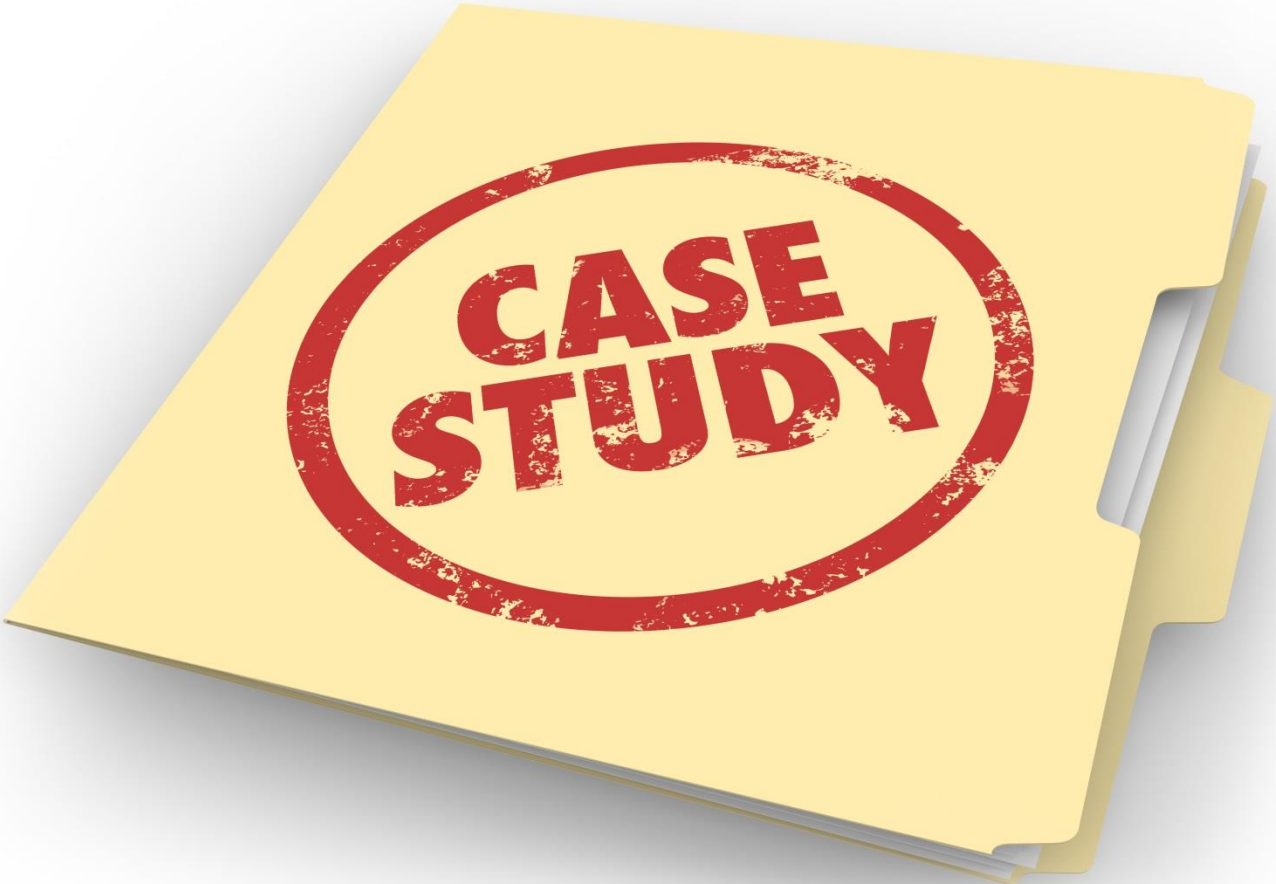
Managing the balance between protecting adults at risk from self-neglect against their right to self determination is a serious challenge for services. Working with people who are difficult to engage can be exceptionally time consuming and stressful for all concerned. A failure to engage with people who are not looking after themselves, whether they have mental capacity or not, can have serious implications for the health and well-being of the person concerned and the staff of agencies involved with the individual

Self neglect is a behavioural condition in which a person neglects their basic needs such as personal hygiene and eating. There are three main forms of self neglect:

- Lack of self-care - this includes neglect of someone's personal hygiene, nutrition and hydration, or health, to an extent that may endanger safety or well-being
- Lack of care of a person's environment - this includes situations that may lead to domestic squalor or increased risk in the domestic environment
- Refusal of services - this might include refusal of care services in either their home or a care environment or of health assessments or interventions, even if previously agreed, which could potentially improve self-care or care of a person's environment

What helps achieve positive outcomes?

- Self neglect work is often challenging, so practitioners may need to create opportunities for discussion and management support for a 'slow burn' approach
- Collaborative work with other agencies and neighbours/family networks
- Understanding of motivational approaches, mental capacity and legal powers
- Qualities of persistence, patience, resilience, respectful curiosity, respect and honesty
- The ability to take baby steps, value small achievements, recognise what is being given up and what can take its place



Questions for practitioners

- What do you know to be the case at this point?
- What do you need to know more about?
- Who should/could be involved in the process?

Case Study Part 2

Alan is happy for you to visit him but states that he will not change the way he lives.

He asks you to stop interfering

Questions for practitioners

What may help to get engagement and what personal qualities may encourage engagement ?

What helps to get engagement in self-neglect

- Recognising openness to involvement, even if ambiguous
- A sense of timing
- Keeping the door open
- Ensuring there is awareness and access to available help
- Honest recognition with service users of when they have little or no choice in the matter
- Working with service users to provide the right kind of input: not intrusive, cost considerations, encouraging, hands-on, person centred, going the extra mile, reliable, compassionate and understanding

Recording!

