Changing lives through learning

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Mental Capacity and Restrictive Practice in Adult Care

Unit Reference Number: L/652/0785

Level: Three (3)

Credit Value: Two (2)

Minimum Guided Learning Hours: 14

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the principles of mental capacity	1.1 Explain main purpose and **principles** of relevant **legislation** and **codes of practice** relating to mental capacity and how these principles interact
	1.2 Describe **factors** that influence an individual's mental capacity and ability to express consent
	1.3 Explain the relationship between an individual's mental capacity, consent, choice and safety
	1.4 Explain what is meant by 'valid consent.'
2. Understand the application of the principles of mental capacity and consent	2.1 Describe own role and responsibilities in relation to relevant principles, legislation and codes of practice and upholding individuals' rights
	2.2 Explain why it is important to establish an individual's consent when providing care and support
	2.3 Explain how personal values and attitudes can influence perceptions of situations and of individuals' capacity
	2.4 Describe **strategies and skills** that could be used to maximise individuals' capacity to make their own decisions

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	2.5	Explain own role in identifying when an assessment of capacity may be required
	2.6	Explain the **steps to take** if consent cannot be readily established and own role in this.
3. Understand restrictive practices	3.1	Explain what is meant by **'restrictive practice'**
	3.2	Explain the importance and impact of seeking the least restrictive option for individuals
	3.3	Explain how to raise concerns when restrictions appear out of proportion with evident risk
	3.4	Explain organisational policies and procedures in relation to restrictive practices and own role in implementing these.

Assessment Requirements

This unit must be assessed in accordance with Skills for Care & Development assessment principles guidance.

This is a knowledge only based unit.

Knowledge evidence may be generated outside of the work environment, but the final assessment and decision must show application of knowledge within the real work environment.

Indicative Content

LO1	**AC1.1** **Principles:** this must include the 'best interest' principle. **Legislation and codes of practice:** including, but not limited to: • Mental Capacity Act 2005 • Human Rights Act 1998 • Equality Act 2010 • Mental Health Act 1983 • Health and Social Care Act 2012 • Care Act 2014 • Data Protection Act 2018. **AC1.2** **Factors:** these may include, but not limited to - fluctuating capacity, decisions and time specificity, environmental influence, influences of others and early indicators of change.
LO2	**AC2.4** **Strategies and skills:** these will include effective communication and engagement skills to provide practical support. These may include, providing

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	information in a range of accessible formats to support understanding, using appropriate communication aids, adapting the environment to reduce distractions or barriers, active listening, awareness of signs of coercion or control from others and responding appropriately to protect the individuals' rights. **AC2.6** **Steps to take:** these will include adhering to the principles of the Mental Capacity Act, as well as adhering to organisations' policies and procedures and include best interest decisions.
LO3	**AC3.1** **Restrictive practice:** learners should consider restrictions and restraint. They should consider practices intended to restrict and restrain individuals as well as practices that do so inadvertently. Learners should demonstrate awareness of physical, mechanical, chemical, seclusion, segregation, psychological restraint, and the threat of restraint. Supporting resources for centres and learners: Restraint Reduction Network (RRN) training standards

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