

Dignity in Care

This training has been designed to give you the knowledge and understanding of how and to support an individual with Dignity and Respect.

LEARNING AIMS

- To learn what dignity means
- Legislation relating to Dignity in care
- Promoting Dignity in Practice
- How to maintain Confidentiality & Gain Consent

This course is divided into 4 modules:

1. Dignity in care
2. Legislation and best Practice
3. Promoting Dignity in in your role
4. Confidentiality and Consent

Module 1 – Dignity in care

So, what does it mean to show Dignity in care?

It means providing care that supports the self-respect of an individual, recognising their capacities and ambitions, to inspire and promote independence showing compassion and respect.

Ensuring an individual has a dignified life starts with small things that make a big differences such as:

- Giving people privacy
- Giving people space and time to do things at their own pace
- Giving people a choice over their care options and asking their preferences
- Giving people autonomy over their lives.
- Making sure someone is not in pain
- Helping to connect to friends and family
- Making sure nutritional needs are met

Module 2 Legislation and best practice

The main pieces of legislation include:

Health and Social Care Act 2008 (Regulated Activities) Regulations 2014: Regulation 10.

States that people using the service should always be treated with respect and dignity while they are receiving care and treatment.

Regulation 10 specifies the kinds of care and treatment that 'ensures dignity'.

Other relevant legislation include:

The Human Rights Act 1998

Equality Act 2010

Mental Capacity Act 2005

The Mental Capacity Act 2005 includes the Deprivation of Liberty Safeguards (DoLS)

Module 3 Promoting Dignity in Practice

Being a support worker is often thinking....."How would I like to be supported? "Would I be happy if I was treated this way?"

For most of us, dressing ourselves is a very personal and private activity. Personal taste and style have a huge part to play in our identities as individuals. Allowing someone in your care to choose their own clothes is one way of promoting dignity.

Think about your own circumstances. If you are supporting someone to do something which would normally be private for you, then it is most likely that this would be private for the individual.

Some of the practical things you can do include:

Making sure doors, screens and curtains are correctly positioned.

Getting permission before entering someone's personal space.

Knocking before entering an individual's room or home.

Ensuring that any clothing such as a gown is positioned correctly for modesty.

Remember

Privacy

Respect a person's need for space and to have private conversations

Knock knock

Knock before entering a person's room or home

Always ask

Before carrying out personal care or any type of care or support related activity.

Sssshhhh!

- Always lower your voice when discussing sensitive issues
- Make sure to get permission...
- Before accessing a person's possessions and documents

The need for respect and dignity is one of the most basic human needs. When a person becomes sick or injured, the need does not go anywhere. In fact, the need becomes much more important, each person should be included to make decisions about their own life.

Module 4 Confidentiality and Consent

In adult social care we must maintain confidentiality and follow an agreed personalised care plan that will protect the rights of an individual.

If a person raises any concerns to you, it is good practice to make them aware that you cannot guarantee that the information will not be repeated, especially if it affects an individual's wellbeing.

If you need to pass any information on, you must get the consent of the individual first unless the person is in immediate danger and or harming themselves or others

You must report any concerns you have to the relevant person and make sure it documented correctly.

Lets recap:

As health care professionals we should be providing care that promotes a person's self-esteem, shows dignity and respect to all

We need to be Acknowledging their abilities and desires and not doing anything that can undermine it.

It's important to maintain an individual's privacy and recognising when you may need to break confidentiality.

Ultimately remembering everyone deserves respect!

Well Done you have completed Dignity in Care Training.