

TSAB Newsletter

February 2022

A graphic featuring two spotlights on the left and right sides, casting a yellow beam of light onto the text. The text is centered and reads "Self Neglect In the Spotlight".

Self Neglect
In the
Spotlight

Summary of the Work of the Board

The Board last met virtually on 7 December 2021. The minutes of [previous meetings](#) can be accessed via our website.

National Safeguarding Adults Awareness Week 2021

A huge **thank you** to everyone who took part in National Safeguarding Adults Week in November 2021. The campaign was an incredible success due to the hard work, commitment and engagement from partner agencies. During the week TSAB hosted a Trauma Informed Practice event, where practitioners across Tees listened to inspirational speakers including an Individual who had experienced a troubled childhood and has now turned his life around, working as social worker. If you were unable to join us, all of the presentations were recorded and can be accessed via our [training resources](#) page .



Trauma Informed Practice Virtual Learning Event



Closing 4th February—TSAB Annual Consultation Survey 2021-22

WE WANT TO HEAR FROM YOU!

We want to hear from professionals, service users, carers and the general public across Tees. Your views will help us to inform the Board's future safeguarding priorities across the next 12 months.

Please click on the links below to access the most relevant survey:



[Professionals Survey](#)

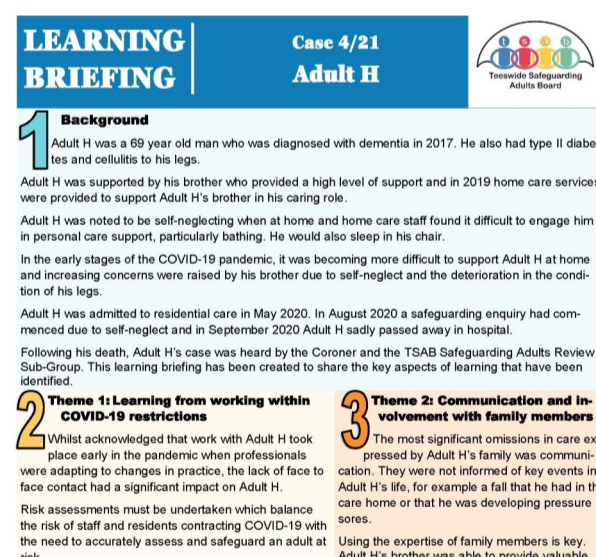
[General Public Survey](#)

[Easy Read Survey](#)

New Documentation

Learning Briefing - NEW

The Board have recently published a two page [Learning Briefing](#) covering a number of key themes including Self-Neglect. Please consider the key learning and reflection points within your organisation and circulate appropriately.



New Telephone Number

Adult Social Care Telephone Number for Redcar & Cleveland: 01642 771 500

The Board is in the process of reviewing and updating all TSAB literature to include the new telephone number. The previous telephone number will be redirected to the new number for the time being.

All Adult Social Care contact numbers can be found on our [Report Abuse Page](#).



Documentation

All of our up to date documentation can be found in one handy place on our website, Please visit our [Local Policies, Strategies and Procedures](#) page.

Spotlight on Self-Neglect

The TSAB are hosting a week long campaign on self-neglect from 31 January. We aim to explore what self-neglect is including the less understood forms of it, we will be sharing guidance, good practice pointers and training tools for professionals.

What is Self-Neglect?

Self-neglect is an extreme lack of self-care, it is sometimes associated with hoarding however may be a result of other issues such as addictions.

Spotting the Signs of Self-Neglect

- ✓ Poor hygiene
- ✓ Malnutrition/ Obesity
- ✓ Unmet medical or health needs
- ✓ Alcohol and/or drug misuse/dependency
- ✓ Eating disorders
- ✓ Social isolation
- ✓ Unsanitary, untidy or dirty conditions which create a hazardous situation that could cause serious physical harm to the individual or others or a potential fire risk
- ✓ Poor maintenance of property
- ✓ Vermin at the person's property
- ✓ No running water / lack of sanitation / lack of heating
- ✓ Refusal of services and interventions

For further information on Self-Neglect, please see the Board's [Self-Neglect](#) information page.

Safeguarding and Self-Neglect

The Care Act includes self-neglect as a category of abuse or neglect that may prompt a safeguarding enquiry.

Not all cases of self-neglect would prompt an enquiry under Section 42 of the Care Act, however, where there is a serious risk to the health and wellbeing of an individual or others, it may be appropriate to raise self-neglect as a safeguarding concern. Safeguarding duties apply where the adult has care and support needs, they are at risk of self-neglect, and they are unable to protect themselves because of their care and support needs.

Responding to self-neglect can be a complex and difficult area of safeguarding work, often cases can be high risk, complex and resource intensive and it is only by working together collaboratively that we can really make a difference. For further information, please see the Board's [Self-Neglect Guidance](#)



Could you recognise the signs of

SELF-NEGLECT?

Self-Neglect is when someone:

- Neglects their personal hygiene
- Neglects to care for their own health (this can include drug and alcohol dependency or not taking medication as prescribed)
- Neglects to care for their own surroundings
- Hoards (to the point it affects day to day functioning)

For more info visit:
www.tsab.org.uk



Good Practice Points

What works well when supporting adults who self-neglect?

- ✓ Build up a level of trust and rapport
- ✓ Be patient (research suggests a 'slowburn' approach, repeat visits and longer term engagement)
- ✓ Be proactive and address any patterns of behaviour
- ✓ Be professionally curious but not intrusive
- ✓ Identify if any risks require immediate action
- ✓ Identify support available and offer choices
- ✓ Listen to the adult, taking into account their views and wishes
- ✓ Explore family dynamics and offer advocacy
- ✓ Work collaboratively with other services
- ✓ Ensure there is a clear record of interventions, decisions and rationale
- ✓ Training, supervision and support for staff dealing with people who self-neglect to help them understand the complexities of this area of work, the possibilities for intervention and the limitations.



It is important to consider capacity when Self-Neglect is suspected.

There are a number of adults with care and support needs, who self-neglect and may well have capacity and do not engage with services; the Care Act includes those very people to be considered under Section 42 as requiring safeguarding support because of the risks of serious harm.

The Care Act recognises that people can have mental capacity and still self-neglect. In cases of self-neglect it is essential that a person's capacity to make informed choices about their personal and domestic care is assessed carefully. Assessment of capacity should involve not only the ability to understand the consequences of a decision but also the ability to execute the decision.

Also consider how self-neglect may impact on other family members and whether this gives rise to a safeguarding concern. The Local Tees Children Partnerships and TSAB have produced [Think Family Guidance](#) to assist with this.

It is important that professionals talk openly and honestly with individuals and apply the [Making Safeguarding Personal](#) principles including; 'no decision about me without me'.

For more Information on Mental Capacity visit: [Mental Capacity Act 2005](#) and [5 principles underpinning Mental Capacity](#)

Team Around the Individual Panels (TATI)

The Team Around the Individual (TATI) Panel will consider cases in respect of adults aged 18 years or over, where existing mechanisms within agencies have not resolved or minimised risk.

A [TATI Guidance Document](#) is also available which explains the purpose of the Panels, along with the newly created [Teeswide TATI Referral Form](#)

Case Study from a Service User within Tees

Hello, my name is Diane. Throughout my childhood I was subject to abuse from my dad, who was a heavy drinker. My parents separated and I got pregnant at a young age. I experienced domestic abuse in this relationship, and I suppose I never knew any different due to what I went through with my dad. My ex-partner introduced me to drugs.

My life started spiralling out of the control and I left my community and moved. I was in and out of relationships, all with domestic abuse and had more children who were then adopted. I have been in and out of prison and, following this, moved on to another area where I was introduced to other drugs. I moved home several times and I was subject to more sexual abuse; life was just a vicious circle. I became a sex worker to feed my habit of drugs. At one point I started to rebuild my life, then I suffered a stroke and was placed in a care home at a young age. The care home wasn't for me, so I left and returned to where I was familiar, as I felt safe. It was possibly not the best place for me, but I had support from the staff there, and I knew I could approach them if I ever needed them.

I returned to drugs. I have a disability and heavily relied on people to help me, but when I take drugs, I forget about everything.

Everyone was worried for my welfare and I was referred to a multi-agency meeting due to self-neglect. People were trying to support me including workers from supported housing, drug and alcohol services, safeguarding and care management. I did have carers supporting me, however, I knew the best thing for me to do was move away. I felt like my life was in a rut and I wanted to change. I got into a relationship and this was going quite well. However, we continued to both take drugs. My boyfriend lived in a different area and it gave me the chance to go and stay with him and get a taste of a different life.

The following year, I was supported to get my own house in another part of the town, this was a good move for me, but the drugs continued. Shortly after I moved into my home, I found my partner; he had died in my home. This affected me deeply and since this has happened, I have struggled to remember some things. My GP feels that I may have suffered some trauma. Finding my boyfriend could have set me back, however I have continued to build my life and meet new friends

I have been through a lot of trauma throughout my life, including the loss of close family members through horrific incidents. I have dealt with a lifetime of stress, heartache, trauma and abuse. I have continued to work with my safeguarding social worker and agencies and am going to be working with a local support service to help to deal with trauma I have been subject to.

I feel on top of the world now and love my new home, my new community and friends, and I now have a new partner. My home is always clean and tidy, and I engage well with my social worker and other people who support me in life. I do not see my old circle of friends and I do not miss my old life. I am living life normally and this is something that I have not had for 20 years. I have reconnected with my son and hope to build a relationship with him. I still like to have a drink but do not want to take drugs again.

I don't take drugs anymore. I am happy now in my new life and I have got lots to look forward to.



Useful Self-Neglect Resources

- [TSAB Mental Capacity Act Guidance](#)
- [TSAB Multi - Disciplinary Team Guidance](#)
- [Self - Neglect & SARs E - Learning Course](#)
- [Safeguarding Information for Carers](#)
- [Self - Neglect Workbook](#) (Marked in conjunction with line manager)



TSAB Training Update

Our Training plan is being refreshed and developed for 2022-2023 and new dates will be advertised soon.

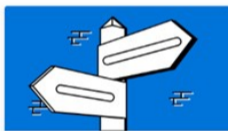
To view and request a place on any of our current training courses please visit our [Training Courses and Events](#) page.



New E-Learning Courses available

Criminal Exploitation and County Lines

Exploitation can occur in many different forms in every corner of the world. It can involve anyone, regardless of their age, location, or background. We all have a duty to look out for those in our community, and after completing this course you will have an awareness of criminal exploitation which can help you to identify where it might be occurring. Select a topic below to start.



Criminal Exploitation and County Lines

Criminal exploitation is a huge issue that involves people all over the world. This course will help you to become more aware of criminal exploitation and its different forms, and to understand what signs to look out for and how to respond

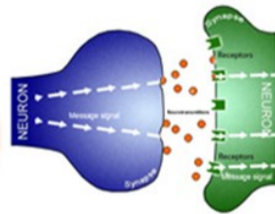
MeLearning DEMONSTRATION: SUBSTANCE MISUSE

Brain Structure - Neurotransmitters

When a neuron communicates, it sends tiny electrical message signals to one of its synapses.

The electrical signals are carried across the gap between the neurons by chemicals called neurotransmitters.

When the neurotransmitters reach a receptor on the synapse of another neuron, the message signal is passed on to the other neuron. Messages from the brain can thus be carried from neuron to neuron and sent to anywhere in the body.



Substance Misuse

This Substance Misuse course will enable you to understand how drugs work, how their use affects people and their families and how addicts can be helped to recover.



Online Safety - Risks to Children

Most children use the Internet positively but they can sometimes behave in ways that may place themselves at risk. Knowing the potential risks and being able to encourage responsible and safe use of the internet is vital to help safeguard children online.

Workbooks

For users who are not able to access the online training a set of 8 Workbooks can be downloaded from the website. Once completed they can then be marked by a line manager or team leader. Guidance for managers to mark workbooks can also be accessed via the [website](#).

Dates for the Diary

- ✓ TSAB Self-Neglect campaign - 31 January—4 February
- ✓ Sexual Violence & Abuse Awareness Week 7-13 February
- ✓ Look Closer Campaign – March 2022
- ✓ Deaf Awareness Week 2 - 8 May 2022



Safeguarding Explained Videos

The Board have recently produced a series of [animated safeguarding videos](#) on a number of different topics including; What is Safeguarding? Prevent, Organisational Abuse and Suicide Prevention.

Please share across your networks.



Safeguarding Children Partnerships Information

The Local Safeguarding Children Partnerships newsletters can be accessed here;

[Hartlepool & Stockton-On-Tees Safeguarding Children Partnership Newsletter](#)

[South Tees Safeguarding Children Partnership Newsletter](#)

Social Media and Website

We aim to share key messages from official sources via our social media channels as well as other communications.



@TeeswideSAB



@TeeswideSAB



www.tsab.org.uk

Find Support in Your Area

The Board's website also sets out relevant [support services](#) by type of abuse and by each individual Borough across Tees. If you think someone with care and support needs is neglecting themselves you can contact your [Local Authority](#) or for hoarding matters your Environmental Health Office for advice.

This list is not intended to be a definitive source of Information for all Service Providers.



Your Comments

If you have any suggestions for future Newsletters:

 tsab.businessunit@stockton.gov.uk  01642 527263