

## Peer Support Network – virtual meeting notes

**22.04.2020**

This week we have seen an increase in anxiety and concern over the blanket lockdown restrictions. Whilst some adjustments have been made to [guidance around outdoor exercise](#), some aspects of social distancing restrictions are starting to have severe consequences for individuals with complex needs. Some families with loved ones living in residential care or supported living, are unable to have regular face-to-face contact. The repercussions of this on an individual with complex needs can be severe and may lead to an escalation of behaviours of distress and a deterioration of mental health and wellbeing.

### **Legal and rights-based resources to support you**

Here are some resources from the [Challenging Behaviour Foundation](#) that can help you through this period. We are continually grateful to CBF for their work on this.

**Coronavirus – restrictions placed on family contact** (This covers Article 8 of the European Convention on Human Rights protects right to respect private and family life)

<https://www.challengingbehaviour.org.uk/learning-disability-assets/restrictionsoncontactwithfamily.pdf>

**Mental Capacity Act resource for families concerned about being involved in Best Interest decisions**

<https://www.challengingbehaviour.org.uk/learning-disability-assets/mcaletterfinal1.pdf>

If you would like to discuss issues relating to the current lockdown restrictions, please contact Esther - [esther@projectartworks.org](mailto:esther@projectartworks.org)

**Coronavirus (COVID-19): guidance for people receiving direct payments**

This includes further clarity on paying family members via PHBs and Direct Payments to carry out caring responsibilities during Covid-19.

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-for-people-receiving-direct-payments/coronavirus-covid-19-guidance-for-people-receiving-direct-payments>

**Coronavirus (COVID-19): SEND risk assessment guidance**

<https://www.gov.uk/government/publications/coronavirus-covid-19-send-risk-assessment-guidance>

**This is me – My Care Passport**

<https://www.esht.nhs.uk/wp-content/uploads/2017/10/This-is-me-My-Care-Passport.pdf>

This is now the recognised document to accompany a person with complex support needs to hospital as advised by the Acute Liaison Learning Disabilities Nurse for East Sussex.

The network discussed the importance of completing the red areas of the passport. These areas outline the reasonable adjustments or 'helpful changes' which should be made by hospital staff so that an individual's care is personalised to their needs and dignity is given to their rights and wishes.

### **Advanced Care Planning**

In light of the news that unlawful [DNAR](#) letters have been sent, the Network urge all families, carers and support workers to check Advanced Care Plans have been agreed in the best interest of the person they care for. It was also advised that [Summary Care Records](#) are requested online or via GPs to check that medical records are up-to-date. However, if you care for someone who does not have capacity to ask for this, then you may either need Lasting Power of Attorney or Deputyship status in Personal Welfare. We will be investigating this as a network and hope to bring further guidance and information.

### **Additional guidance and information**

The Recommended Summary Plan for Emergency Care and Treatment (ReSPECT) is a process that allows people to record their wishes about how they would like to be treated in a medical emergency when they may not be able to communicate. This has been rolled out through all East Sussex Healthcare NHS Trust hospital wards.

<https://www.esht.nhs.uk/caring-for-you/recommended-summary-plan-for-emergency-care-and-treatment/>

Watch a video about ReSPECT here:

[https://www.youtube.com/watch?v=zO\\_B215a6bl&feature=emb\\_title](https://www.youtube.com/watch?v=zO_B215a6bl&feature=emb_title)

Find out more about the Peer Support Network at [www.projectartworks.org](http://www.projectartworks.org)

Contact [esther@projectartworks.org](mailto:esther@projectartworks.org) if you have any questions.