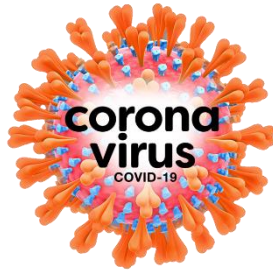




**How care homes and
supported living make
decisions about
keeping you safe**



Since coronavirus came, there have been lots of changes to the way we live.



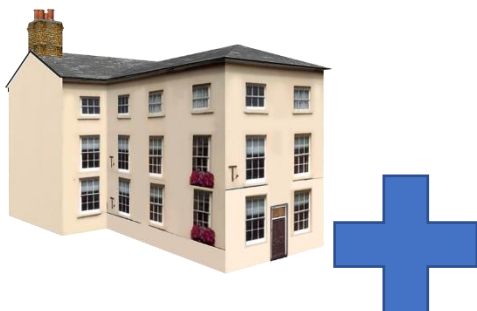
There have been new laws, about meeting up in big groups, and not travelling too far.



We have needed to do lots of things to keep ourselves safe, like washing our hands a lot, and social distancing.



Support workers have been wearing **Personal Protective Equipment (PPE)** like gloves, face coverings and aprons.



If you live in supported living or a care home there may have been extra changes and rules at the place where you live.



People who live in care homes or supported living sometimes need to follow extra rules and take extra care.

For example:



- Maybe you have to use the shared areas one at a time.



- Maybe you have not been allowed to have visitors at home, even when the law says people can have visitors.



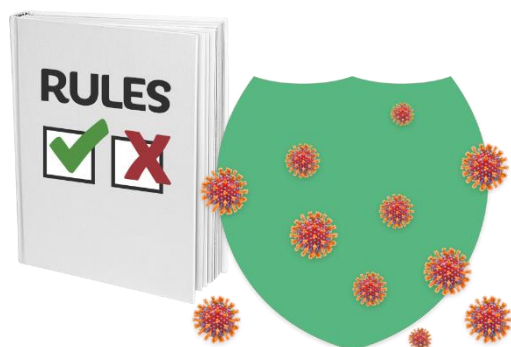
- Maybe there are extra rules about who you can visit, and what you must do when you come back.



Who makes the choices about the extra rules for care homes and supported living?



The Government makes rules and advice that care home managers and supported living managers have to follow.



The rules say that care homes and supported living must work in a way that keeps people safe from coronavirus.



To work out what they should do, the care home and supported living managers have to do a **risk assessment**.



A **risk assessment** is when the managers work out the safest way to do the things that people want to do.



A risk assessment thinks about what things could go wrong, and how to stop those things from happening.



A coronavirus **risk assessment** tries to stop people catching coronavirus when they live together.



A coronavirus **risk assessment** may think about how people move around where they live, or how people come and go.



The managers at the care home or supported living do the **risk assessment**.



Every care home, or supported living, is different.



So what the **risk assessment** says will be different in every care home or supported living.



The government sets more rules for care homes than for supported living.



The managers of a care home have to think about these extra rules when they do a **risk assessment**.



At the end of a **risk assessment**, the managers decide how to do things in the place where you live.



They will make decisions on how people move around in the place where you live.



They will make decisions about how people can come and go from the place where you live.



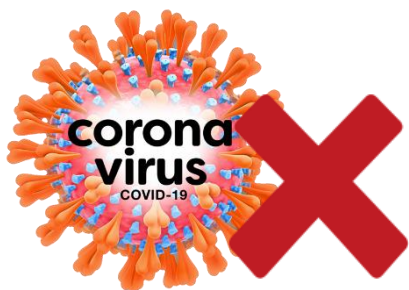
They will make decisions about having visitors or going out to visit someone else.



How do I know if a decision about keeping me safe from coronavirus is right?



Managers should think about these things when they make decisions:



They should think about how to stop people catching coronavirus.



They should also think about making sure people have a good and happy life, doing the things they want to do.



The managers should ask what everyone thinks.



The managers should listen to what you want.



Where it is the right thing to do, the managers should also speak to the people who are important to you, like your family and friends.



The managers should think about the wishes and needs of everyone who lives there.



The managers should make sure that all the people who live there have equal rights.



The managers should be willing to try new things and make things work where they can.



The managers should make sure they understand all the government rules and advice.



The managers should think about using things like testing or PPE to make things safer.



The managers should do everything they can to make sure you can move around and have your freedom.



The managers should give you accessible information and explain things in a way that you can understand.



The managers should be really honest with you about what they can and can't do.



You should feel encouraged to ask questions.



There might be things you want to do that are not possible.



If that happens the managers should talk with you about what you could do instead.



You can speak to anyone who works in the place where you live about this.



You should always feel able to speak to the managers.



You should feel safe to speak up if something does not feel right.



You should feel encouraged to speak up about what is going well, so they can carry on getting it right.



Who can I speak to if I am worried?



If you are worried about something, or are not sure a decision is right, speak to someone about it.



You should feel able to speak to any of the people who work in the place where you live, like your support workers or the managers.



You should be able to choose the member of staff that you want to speak to.



You may prefer to speak to someone else:



You could speak to the community learning disability team.



You could speak to your social worker if you have one.



You could speak to a learning disability nurse.



You may want to speak to an advocate.



Your support workers should help you to find an advocate.



You could speak to friends and family.



You could speak to your housing provider.



Hopefully you can sort out any problems, but if you need to you can make a complaint.



Ask your support provider how to make a complaint where you live.



If you are worried that you are in danger or at risk of abuse you can call **safeguarding**.



Ask the other people on this list to help you to speak to the **safeguarding** team.



You could speak to the Care Quality Commission if they come to inspect the place where you live.



If you want more advice or information you can call the learning disability helpline on
0808 808 1111



Thank you to the Mencap Inclusion Consultants for making this easy read.