



Rights, Risk and Restraint-Free Care of Older People: Person-Centred Approaches in Health and Social Care

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The restraint of older people is a pressing issue for health and social care practice. This book provides health and social care professionals with an authoritative reading resource on the ethics and use of restraint. The book provides an overview of the different forms of restraint, the conditions under which they are used, and their implications for the health and wellbeing of older people. Practical approaches to minimising are then explored, underlining the importance of person-centred care. Innovative programmes and approaches to reducing the use of restraint from around the world are described and assessed, and case studies are drawn upon to highlight practice challenges and their effective resolutions. The perspectives of older people and their carers and families, as well as of professionals, commissioners and regulators of health and social care, are also taken into account. The contributors are drawn from an international range of health and social care settings, as well as from the academic world. This in-depth volume will help health and social care professionals better understand the complex issues that surround the use of restraint, support practice that puts older people at the centre of decision-making about their care, and enable services to provide safer and more appropriate care.

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