



British Triathlon Safeguarding Adults

Principles of Safeguarding Adults



The Principles of Adult Safeguarding

There are four separate pieces of legislation for the UK with separate principles around how adults should be safeguarded. Each piece of legislation recognises that it is the circumstances that adults find themselves in that makes them more vulnerable to abuse, expects adults to be central to the decision-making process and makes the adult's welfare and wellbeing the primary consideration in any decision making.

Each of the Home Countries principles and the relevant legislation can be found in Appendix 5 and Appendix 7 of this document. The phrase 'adult support and protection' is used instead of 'safeguarding' in Scotland. However, for consistency across the Home Nations, the term 'safeguarding' is used for this policy in relation to adults at risk in Scotland.

The six principles of adult safeguarding - England (Care Act 2014)

The Care Act 2014 sets out principles that should underpin safeguarding of adults.

1. Empowerment

Adults are supported and encouraged to make their own decisions

We should:

- Talk to the adult if there are concerns -ask them what they want to happen
- Give people choice and control over decisions - get consent wherever possible for any safeguarding referrals. Only the adult themselves can consent

What does this mean for the adult at risk? "I am asked what I want as the outcomes from the safeguarding process and these directly inform what happens."

2. Prevention

It is better to take action before harm occurs.

We should:

- Create a culture that means participants feel able to discuss issues and know where to go if they have a concern
- Make sure clear, simple and accessible information is available about abuse and where to go for help
- Train staff and volunteers in adult safeguarding

What does this mean for the adult? "I receive clear and simple information about what abuse is, how to recognise the signs and what I can do to seek help."

3. Proportionality

The least intrusive response appropriate to the risk presented.

We should:

- When dealing with abuse situations, think about the risk.
- Make responses appropriate to the risk presented
- Respect the adult, think about what is best for them and only get involved as much as needed

What does this mean for the adult? "I am sure that the professionals will work in my interest, as I see them, and they will only get involved as much as needed."

4. Protection

Support and representation for those in greatest need.

We should:

- Know what to do if there are concerns

- Know how to stop any abuse
- Know how to offer help and support for people who are at risk

What does this mean for the adult? “I get help and support to report abuse and neglect. I get help so that I am able to take part in the safeguarding process to the extent to which I want.”

5. Partnership

Local solutions through services working with their communities. Communities have a part to play in preventing, detecting and reporting neglect and abuse

We should:

- Work in partnership with each other and local communities.
- Play a part in preventing, detecting and reporting abuse.
- Have details of the Local Safeguarding Adults Board and Adult Social Care team

What does this mean for the adult? “I know that staff treat any personal and sensitive information in confidence, only sharing what is helpful and necessary. I am confident that professionals will work together and with me to get the best result for me.”

6. Accountability

Accountability and transparency in delivering safeguarding.

We should:

- Understand that safeguarding adults is everybody’s business.
- Accept that we are all accountable for safeguarding adults
- Have clear roles and responsibilities so that people can see and check how safeguarding is done

What does this mean for the adult? “I understand the role of everyone involved in my life and so do they.”

Making Safeguarding Personal

‘Making safeguarding personal’ means that adult safeguarding should be person led and outcome focussed. It engages the person in a conversation about how best to respond to their safeguarding situation in a way that enhances involvement, choice and control, as well as improving quality of life, well-being and safety.

Wherever possible safeguarding concerns should be discussed with the adult to get their view of what they would like to happen, and they should be involved in the safeguarding process, giving their consent to share information outside of the organisation where necessary. See Appendix B for more information.

Wellbeing Principle

The concept of ‘wellbeing’ is threaded throughout the Care Act 2014 and is related to the personal dignity, support and inclusion of all.

Wellbeing’ is a broad concept, and it is described as relating to the following areas in particular

- personal dignity (including treatment of the individual with respect)
- physical and mental health and emotional wellbeing
- protection from abuse and neglect

- control by the individual over day-to-day life (including over care and support provided and the way it is provided)
- participation in work, education, training or recreation
- social and economic wellbeing
- domestic, family and personal
- suitability of living accommodation
- the individual's contribution to society

The individual aspects of wellbeing or outcomes above are those which are set out in the Care Act, and are most relevant to people with care and support needs and carers. There is no hierarchy, and all should be considered of equal importance when considering 'wellbeing' in the round.

Appendix B

Making Safeguarding Personal

There has been a cultural shift towards Making Safeguarding Personal within the safeguarding process. This is a move from prioritising outcomes demanded by bureaucratic systems. The safeguarding process used to involve gathering a detailed account of what happened and determining who did what to whom. Now the outcomes are defined by the person at the centre of the safeguarding process.

The safeguarding process places a stronger emphasis on achieving satisfactory outcomes that take into account the individual choices and requirements of everyone involved. “What good is it making someone safer if it merely makes them miserable?” - Lord Justice Mundy, “What Price Dignity?” (2010)

What this means in practice is that adults should be more involved in the safeguarding process. Their views, wishes, feelings and beliefs must be taken into account when decisions are made.

We all have different preferences, histories, circumstances and lifestyles so it is unhelpful to prescribe a process that must be followed whenever a concern is raised. However, there are key issues that should be considered when abuse or neglect are suspected, and there should be clear guidelines regarding this.