

HOPE(S)

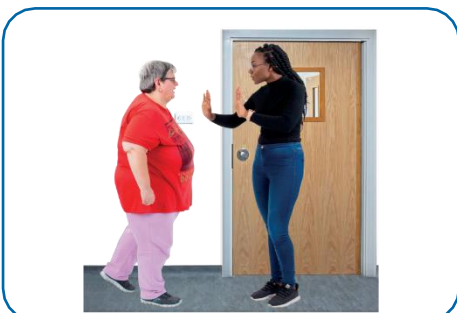
The national plan to end long term segregation



Long term segregation is a **restrictive practice**.



Restrictive practices are used to **stop people** from doing things.



This might be things like being able to move around freely.



Restrictive practices are used to stop someone from doing things like...



- Hurting **yourself**



- Hurting **someone else**



- Getting **angry** and **breaking things** like the furniture.



The law says that restrictive practices can only be used if there is a risk to people's safety.



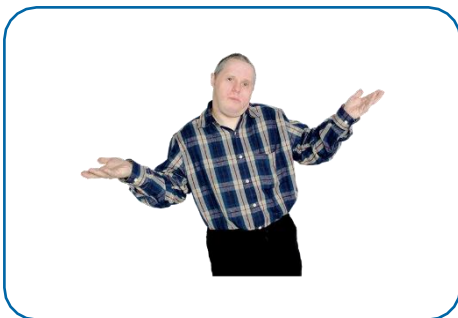
Restrictive practice should be used as **little as possible** and **for the shortest time**.



There are lots of ways to avoid using it.



Long term segregation can cause **harm** and **trauma** to people.



Autistic people and people with a **learning disability** can find restrictive practices **hard**.



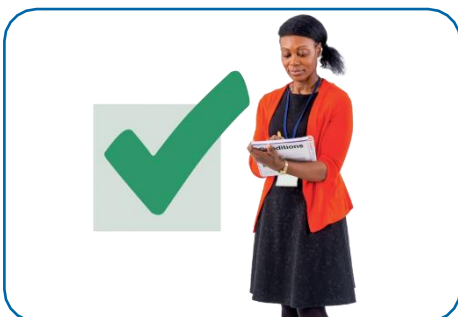
The **HOPE(S) model** is **person centred** and we always think about the person's **human rights**. It is a **positive way** to **reduce** long term segregation.



The staff team work with the person in long term segregation to do the **barriers to change checklist**.



The checklist shows **any problems**. The team and the person can **work together** to think of ways to **fix the problems**.



The model has worked **very well** in lots of different services with **autistic** people and **people with a learning disability**.



The HOPE(S) model is a way to try and **end segregation** and to support people to go back into the **community**.



How the HOPE(S) model will help...

- **Stop** any **harm**.



- Make hospital stays **better** for people.



- People stay in hospital for a **shorter time**.



- People will **feel better**



- Support **families and carers** to talk about and deal with difficult experiences.



- Planning for **discharge** and **community support**.



Staff who are involved in the HOPE(S) model will get the **training** they need.



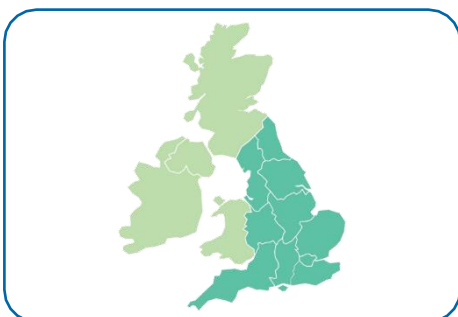
Staff will have clear **roles** and **responsibilities**.



This is to make sure that everyone has the support they need.



There will be **sessions** for **managers** where they can talk about the HOPE(S) model.



The HOPE(S) model will be used to **help people** to get out of **long term segregation**. This will happen all around the **country**.

More information

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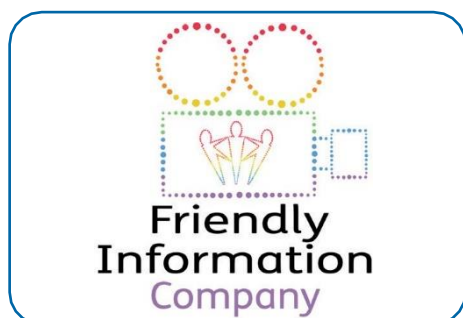
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