



Privacy and Dignity

Learning outcomes

- Understand the principles that underpin privacy and dignity in care
- Maintain the privacy and dignity of the individual(s) in their care
- Support an individual's right to make choices
- Support individuals in making choices about their care
- Understand how to support active participation
- Support the individual in active participation in their own care

*****Standard 6 of care Certificate**



Privacy and dignity



Two important values when providing care and support are:

Privacy

- Giving someone space where and when they need it
- Treating personal information confidentially

Dignity

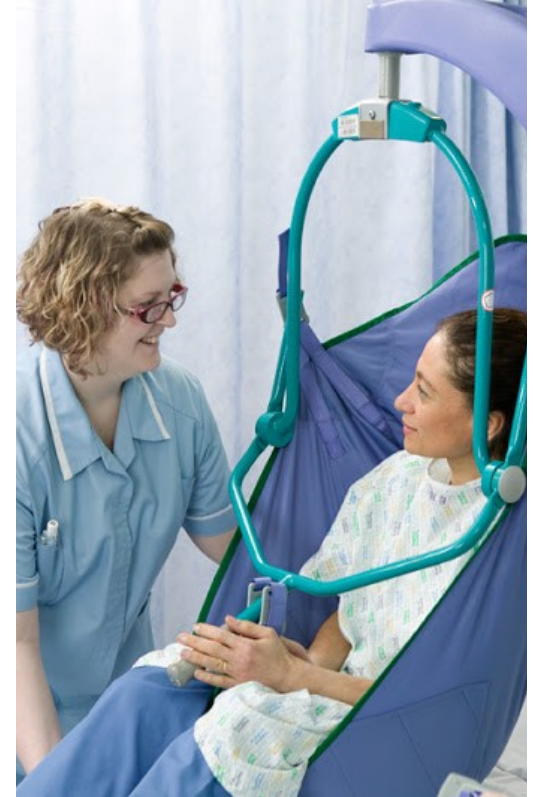
- Focusing on the value of every individual
- Respecting an individuals views, choices and decisions
- Not making assumptions
- Working with care and compassion
- Communicating directly with the individual whenever possible.



Privacy and dignity in care and support

Issues with dignity and respect will depend on your workplace. Some examples of ways in which you can work that respect individuals' dignity are:

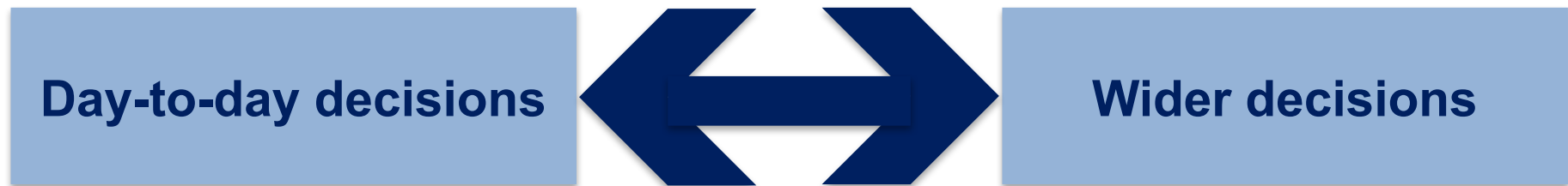
- Ask individuals before touching them in any way
- Knocking or speaking before entering the particular space or room they are in
- Making sure curtains, screens or doors are properly closed before supporting a person to wash or dress
- Arranging clothing or hospital gowns in a dignified way
- Not making an individual wait to use the toilet or be left too long for you to return.



Making choices



Choice and control are key defining aspects of dignity. Involving individuals in decisions that affect them helps to promote dignity.



Individuals must be supported to make informed decisions by explaining:

- **All available options**
- **The risks associated with the options**
- **Implications of making the choices.**

Mental Capacity Act 2005



- Individuals need to be able to understand and retain the information they need to make a decision and be able to communicate their choice
- If they are not able to do this they may be assessed as lacking the capacity to make a decisions
- Some individuals may have the capacity to make day-to-day decisions but not have the capacity to make more complex decisions.



Risk assessment

Risk assessment is a key part of care, support, rehabilitation or treatment plans. A five step process is recommended:

- 1 Identify the hazards**
- 2 Decide who might be harmed and how**
- 3 Evaluate the risks and decide on precautions**
- 4 Record your findings and implement them**
- 5 Review your assessment and update if necessary.**

Risk enablement

- It is the individual's right to make choices and take risks once they understand the information available and are aware of the risks
- Risk enablement involves supporting individuals to identify and assess risks and then supporting them to take the risks they choose.



Supporting active participation

Individuals must be given as much control of their life as possible as this supports an individual to build their identity and self-esteem.

- **Individuals have a right to participate in the activities and relationships of everyday life as independently as possible**
- **Individual's should be given equal opportunity of achieving their goals, valuing their diversity and finding solutions that work for them.**



Self-care

The ability to control and care for oneself contributes to privacy and dignity. Individuals should be supported to develop self-care skills to enable them to live more independently.

Self care skills include:

- **Finding information**
- **Accessing appropriate training**
- **Participating in support groups and networks.**



Self-care

The practices undertaken by people towards maintaining health and wellbeing and managing their own care needs.

Knowledge check



Which of the following is a practical way of promoting an individual's privacy and dignity at work?

[Click to reveal answer](#)

A

Touch the individual without asking them

B

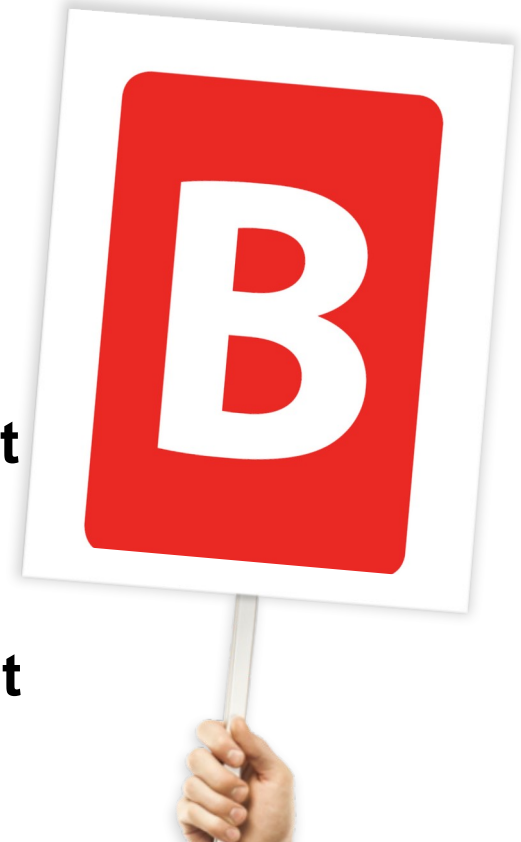
Ensuring screens or doors are properly closed before supporting them to wash or get dressed

C

Make the individual wait to use the toilet

D

Walk into the room or space that they are in without knocking or speaking first



Knowledge check



How can you support an individual to make an informed decision?

Click to reveal answer

A

By explaining the least risky options, the risks and implications

B

By making the decision for the individual

C

By telling them what you would do

D

By explaining all choices, risks and implications



Knowledge check



Which term is used to describe participation in the activities and relationships of everyday life as independently as possible?

Click to reveal answer

A

Self-care

B

Active participation

C

Risk assessment

D

Mental capacity

