



What has happened since we brought out our ‘Out of sight – who cares?’ report?

December 2021



Easy read version of ‘Out of sight – who cares?
Restraint, segregation and seclusion review:
Progress report’

About this booklet



In October 2020, we published a report called ‘Out of sight – who cares?’.



In ‘Out of sight – who cares?’ we said what needed to happen to improve support for people with mental ill health, autistic people and people with a learning disability.



This new booklet gives an update on what has happened.

What has happened so far?



The illness called 'Covid-19' has affected people with mental ill health, people with a learning disability and autistic people in a big way.



For example, the death rate from Covid-19 was over 3 times higher for people with a learning disability than for people in England generally.



Some important reports and laws have been written that have highlighted the issues in our 'Out of sight – who cares?' report.



For example, the government have written a new 'National strategy for autistic children, young people and adults', which aims to do things like support people with schools and jobs.



In CQC, we have been working on the actions we said we would do in 'Out of sight – who cares?'. These include:



- Improving how we communicate with people on our inspections to help find out if services may have a 'closed culture', where things like bad care and abuse are more likely to happen.



- Improving the way we check services for people with a learning disability and autistic people, by understanding their experiences of care much better.

There are still big issues



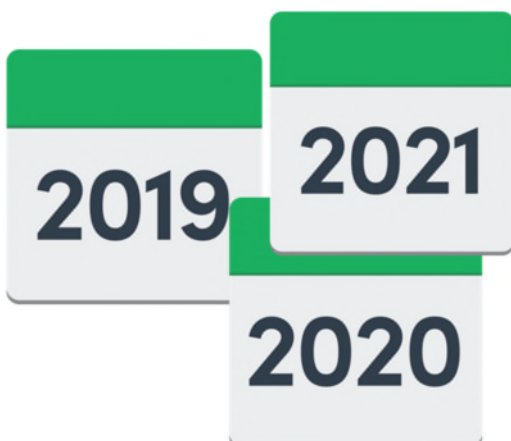
Even though this work is being done, there are still big issues in the healthcare and support of people with a learning disability and autistic people.



There is an NHS plan to decrease the number of autistic people and people with a learning disability staying in mental health hospitals.



But information collected by the NHS in October 2021 says that there were over 2,000 people with a learning disability and autistic people staying in hospital. This is too many.



These people are spending too long in hospital. Over half stay for more than two years in total.



And over half do not have a plan for when they will leave.



The number of people in hospital and the time it takes before they can leave shows that we urgently need more homes and the right support for autistic people and people with a learning disability to live in their communities.



Information collected by the NHS says that over 2,000 mental health patients staying in hospital received 'restrictive interventions' in August 2021.



'Restrictive interventions' are when hospital staff put a limit on or control a patient's freedom to try to stop them hurting themselves or others.



This can be done by physically holding someone down or giving them medicine to control them.



In August 2021, 790 patients received 'chemical restraint' by giving them medicine to control them.



More women than men received 'chemical restraint'.



Where we have seen poor care through our inspections, such as an over-use of restrictive interventions, we have taken action. This has sometimes resulted in a service being closed.



We have then seen people being moved from hospitals that have closed to other hospitals or community services that cannot meet their needs. This is a problem.



People that organise care for others must make sure that they find the right home and train the right staff to meet each person's needs, rather than finding any bed that is available.



We will use our guidance called 'Right support, right care, right culture' to help us make decisions about whether new services can start, or whether services that are running can carry on.

What still needs to happen?



Even though work is being done, these big issues show that much still needs to happen to improve the health and care experiences of people with a learning disability and autistic people.



In Spring 2022, we will write a fuller update on the 17 things we said needed to happen in our 'Out of sight – who cares?' report.



We hope by then, more progress will have been made.



Find out more



Look at our website here:

www.cqc.org.uk



If you want to give feedback on your care – it can be good or bad, fill out our form here:

www.cqc.org.uk/share-your-experience



Or you can call us on:

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