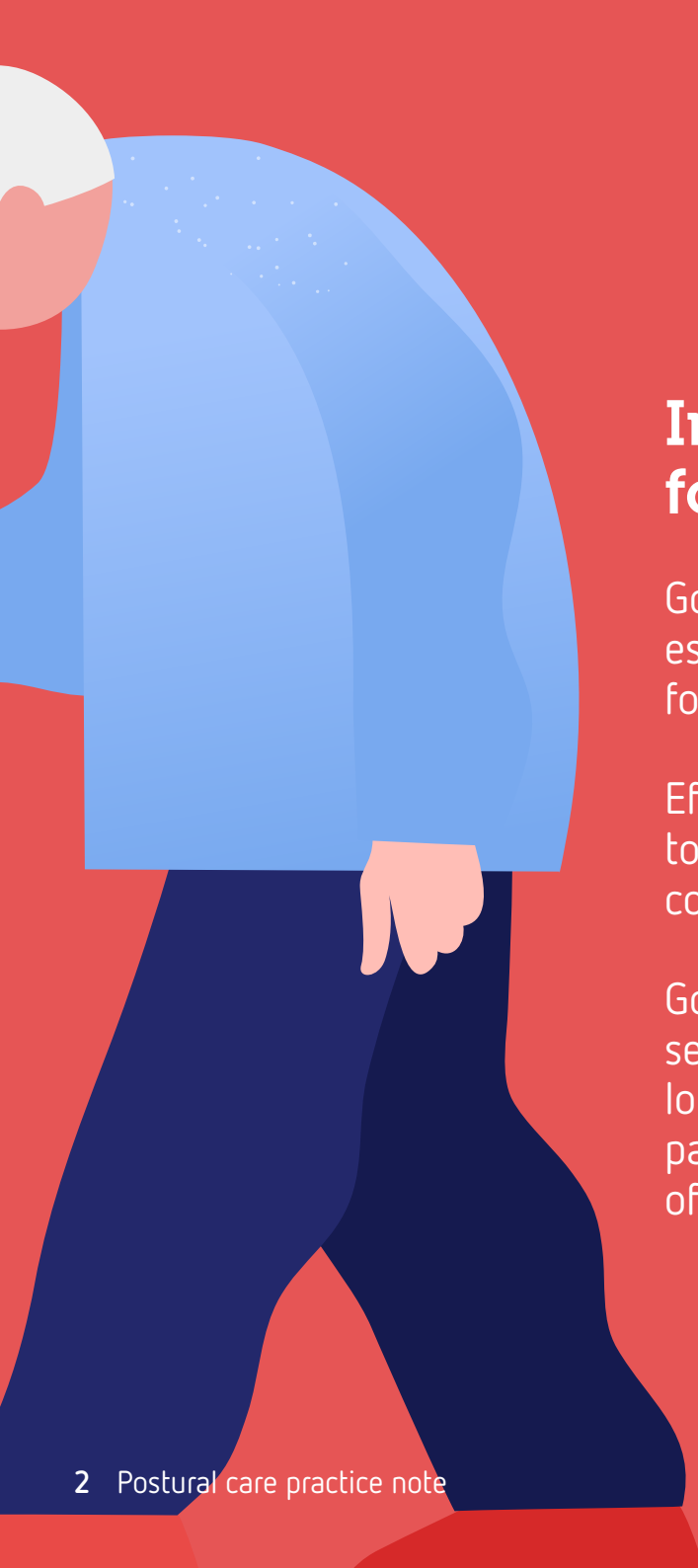


Postural care practice note

November 2023





Improving postural support for adults and older people

Good postural care is important for everyone and especially for people with movement disorders and for those whose physical wellbeing is changing.

Effective postural support can enable people to do the things they enjoy, eat and drink, and communicate effectively.

Good postural care can give people a better sense of wellbeing and quality of life. It promotes longevity, is a key preventative measure to avoid painful complications often associated with issues of body shape, and it supports a safer swallow.



What we expect registered services to put in place



Staff with the right knowledge and skills to promote good posture.



Communication with partner agencies and staff teams ensuring all staff know how best to support the person with their postural needs.



Staff who confidently adopt an enabling approach that includes individuals and their nominated persons as partners in their care.

What we expect registered services to put in place



Where a need has been identified, postural care plans are aligned with manual handling care plans and reflect the person's needs, wishes and preferences, and support good posture that enables them to take part in activities, eat and drink, and communicate effectively.

Clear records of the discussion about the risks and preferences for promoting good posture with the person (or where appropriate, their representative with power of attorney) including if they have chosen or needed their family or representative to be part of the discussion.



Staff are clear on referral pathways for specialist assessment and equipment.

How good postural support meets quality standards

The Health and Social Care Standards

- 1.9** I am recognised as an expert in my own experiences, needs and wishes.
- 1.12** I am fully involved in assessing my emotional, psychological, social, and physical needs at an early stage, regularly and when my needs change.
- 1.19** My care and support meets my needs and is right for me.
- 3.19** My care and support is consistent and stable because people work well together.
- 4.27** I experience high quality care and support because people have the necessary information and resources.
- 5.21** I am able to access a range of good quality equipment and furnishings to meet my needs, wishes and choices.

How good postural support meets quality standards

A quality framework for care homes for adults and older people

and

A quality framework for support services (care at home, including supported living models of support)

- 1.3. People's health and wellbeing benefits from their care and support.
- 3.2 Staff have the right knowledge, competence, and development to care for and support people.
- 5.1. Assessment and personal planning reflect people's outcomes and wishes.

The core assurances we look for at every inspection

The personal plan is based on an ongoing comprehensive assessment of individual's needs, strengths and is focused on outcomes. It is implemented, evaluated and reviewed, and it reflects the person's changing needs. It outlines the support they need to maximise their quality of life in accordance with their wishes.

People are actively involved in their personal planning process and care is observed to be person-centred and delivered in accordance with each person's individual plan.

Personal plans are accessible to people and the staff providing their care and support, ensuring their needs and wishes are met.



Staff training you can access

NES PAMIS webinar on Postural Care
TURAS - NHS Education for Scotland (NES)

Learning byte - Postural care
TURAS - NHS Education for Scotland (NES)

Your Posture Matters
TURAS - NHS Education for Scotland (NES)

Information resources

Your Posture Matters strategy documents
TURAS - NHS Education for Scotland (NES)

Seating matters
Care Inspectorate

Personal planning guides for providers
Care Inspectorate

**Equipment and adaptations:
guidance on provision**
Scottish Government

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