

Autonomy Policy

Statement and Purpose of Policy

Serenta Homecare believes that every Client has the right to freedom and choice over how they wish to live their lives and, furthermore, believes that they should be enabled to live with as much independence as is possible.

This policy is intended to set out the values, principles and policies underpinning Serenta Homecare approach to the autonomy and independence of its clients.

1. The Understanding of Autonomy

Serenta Homecare understands autonomy to be the freedom to choose and the right to live an independent life. It understands autonomy to cover basic choices such as the following:

- Choice of how a client wishes to be addressed
- Choice of times of going to bed and getting up
- Choice of menu and time to eat
- Choice of use of time (i.e. of recreational activities)
- Choice of who to associate with
- Freedom to manage their own finances
- Freedom to self-administer their own medication
- Choice of employee support where appropriate
- Choice of how employees should enter their home

Serenta Homecare also recognises its legal and moral duty to protect and care for Clients, some of whom are vulnerable and may not always be capable of making choices that are in their or any other Clients, best interests. It will, however, ensure that such Clients are enabled to exercise as much choice as possible, example having access to people and services that help them to express and exercise whatever choices they can make.

2. Serenta Homecare Approach to Autonomy

The approach to autonomy is to ensure that its Clients have as much freedom of choice in their lives as is possible within their own environment, so long as that freedom enables support to be given effectively and efficiently.

Enable and help Clients to handle their own financial affairs for as long as they wish to and as long as they are able to and have the capacity to do so.

Enable Clients to negotiate the times that support is required Serenta Homecare will be as flexible as possible.

Give Clients full access to their own personal records in accordance with the General Data Protection Regulation (GDPR).

3. Clients Rights

It is the policy at Serenta Homecare to respect the right of each Client to lead as independent and fulfilling life as possible. In this respect the following policy elements will be observed by all Care Workers/Mental Health Support Worker, as a documented Clients charter of rights which will always be readily available for inspection by Clients, relatives and visitors.

Clients have the right:

- To retain their personal dignity and independence irrespective their severity of their physical or mental infirmity
- To have their social, emotional, religious, cultural and political needs accepted and respected
- To have skilled, sensitive and understanding care to enable them to achieve the highest possible quality of life
- To have their personal privacy respected in all aspects, including entering their home, bedrooms, toilets, bathrooms and following death
- To be involved in, and be kept informed about, their individual assessment need
- To have a regular review of their individual circumstances, and to have the right to be present at review meetings
- To be involved in the development of their care plans

4. Staff Awareness

Care Workers/Mental Health Support Worker should remember the following:

- Always be aware of and respect Clients rights to make their own decisions.
- Avoid being over protective or patronising to Clients.
- Never attempt to bully or use force to coerce Clients to do anything that they do not wish to do.
- Remember their duty to protect Clients and to ensure a safe environment for them to live in.
- If for any reason an employee perceives the need to limit or restrict any of the choices and freedoms, the reasons should be discussed with the Registered Manager and a suitable entry written into the Clients notes

5. Training

All employees will be trained to recognise Clients rights and dignity and understand the issues around autonomy and freedom.

Document Control

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