

Learning/ Recommendations

- People are better protected when they are empowered to speak out about unwanted sexual behaviour.
- Providers need to develop cultures and environments where people feel empowered to speak out.
- Ensure individuals have support plans in place regarding sexual safety and meeting sexuality and relationship needs.
- Services need to support individuals to form and maintain safe sexual relationships if they wish.
- Consider the impact of an individual's health conditions on sexual behaviour is not well understood.
- Older women were disproportionately affected by sexual incidents.
- Monitor the Skills For Care website to see when they update their guidance on 'Supporting Personal Relationships'.

Further information can be found at:

<https://www.cqc.org.uk/publications/major-report/promoting-sexual-safety-through-empowerment>

Questions to consider

- 1) Are all appropriate support plans up to date?
- 2) Do the individuals you support understand their Human Rights?
- 3) Do staff feel sufficiently trained in this area. If not raise it with your manager.
- 4) How do you know Individuals feel safe in their home/ service?
- 5) Do you have a culture where individuals and staff feel empowered to talk about sexuality and raise concerns about safety?
- 6) Do you hold regular keyworker meetings?
- 7) Do you have a process in place to review all incidents of a sexual nature. Can you evidence if this has happened on more than one occasion to the same person. If so what actions did you take to prevent a reoccurrence.?
- 8) Where appropriate do you have Speak Up posters encouraging the Individuals you support to raise concerns?

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#QualityMatters

Keeping staff up to date with changes or requirements taking place within the care sector.



Making sure people are safe from sexual abuse and supported to talk about their sexuality

By Mike Cleasby, Quality Director of NCG

Passion | Empowerment | Respect | Collaboration

Introduction

CQC have produced a report looking at how well people are kept safe from sexual abuse in adult social care services, like care homes or supported living services.

It also looked at how well people are supported to talk about or show their sexuality. For example, are people supported to have a boyfriend or a girlfriend, if they want to. CQC think people do not talk about these things enough.

NCG feels this is a really important issue and wants all staff to be fully aware of the important issues raised.

What CQC found

CQC reviewed all statutory notification submitted to them from across the country between 1st March 2018 and 31st May 2018. They wanted to look at incidents of a sexual nature which individuals being supported did not like or want to happen.

They found:

- **900 sexual incidents had been reported.**
- **Nearly half of the incidents were sexual assaults (touching someone in a sexual way when they do not want it to happen).**
- **8% carried out by friends/ relatives**

- **11% were indecent exposure/ nudity**
- **8% sexual harassment**
- **5% allegations of rape**
- **60% of incidents varied out by individuals using services.**
- **16% carried out by staff**

Sexual incidents were nearly four times more likely to be carried out by a man (485) than a woman (126).

Women were three times more likely to be affected by sexual incidents than men.

45% of all people affected were woman aged 75 and over.

661 notifications

Most notifications were from residential care services.

46% from Residential Care

28% Nursing Care

12% Domiciliary Care

11.5% from services which provide more than one type of care provision.

2.5% from other services.

***CQC acknowledge that these statistics do not include any incidents where a staff member was the victim.**

Findings

CQC spoke with lots of people who use a wide range of social care services. Some of the feedback included:

- Individuals supported said that often talking about sex was a 'taboo' subject.
- Staff, providers and families can be reluctant to raise issues.

This can have a big impact on individuals wellbeing, it also means that unacceptable/ predatory behaviour can be overlooked or normalised.

View from families were reported as

- Loved ones are not always kept safe after an incident has happened.
- People do not always get access to help and support after incidents, such as access to therapy or counselling.
- Lack of training, policies and guidance regarding sexual safety.
- Lack of legal support, advocacy and communication support (easy read information)