

ann craft trust
acting against abuse

safeguarding adults



**Professional
Boundaries**

Welcome to Safeguarding Adults Webinar: Professional Boundaries

Date: November 2024

We are a national charity committed to safeguarding adults from abuse.

We work with individuals and organisations to improve their practices, strengthen their awareness of safeguarding, and help them share our commitment to ensuring that everyone can live free from abuse.

Our values



Honest



Professional



Inclusive



Compassionate



Our Pillars

C

Collaborate

We believe that working in partnerships allow us to share our knowledge of safeguarding and learn from others, as well as help identify the gaps within sectors that need to begin developing safer cultures. The insights generated can in turn develop resources that will inspire and influence changes.

A

Advocate

We are passionate about supporting positive change for people in relation to safeguarding adults. We use research insights to form campaigns that will raise important issues and give people a voice. We listen, and through co-production, we start discussions that explore ways to make improvements in safeguarding adults practice.

R

Research

We seek out opportunities to support pioneering research projects. We stay aware of the latest safeguarding research which informs our training, resources, and practice.

E

Educate

We recognise that self-reflecting governance provides a good framework for establishing safer cultures. This must be learned before it can be practiced. We design and deliver our training and audit programmes to ensure those with safeguarding responsibilities can work to best-practice guidelines.

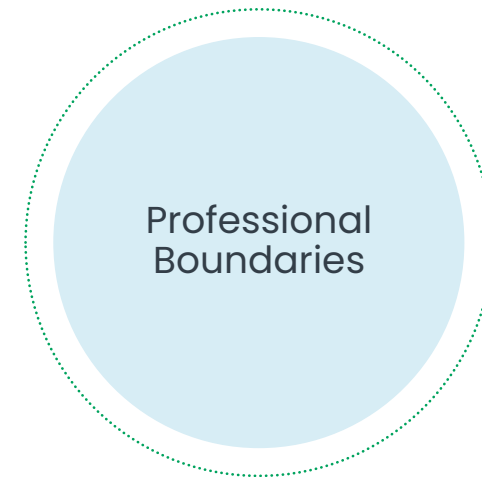




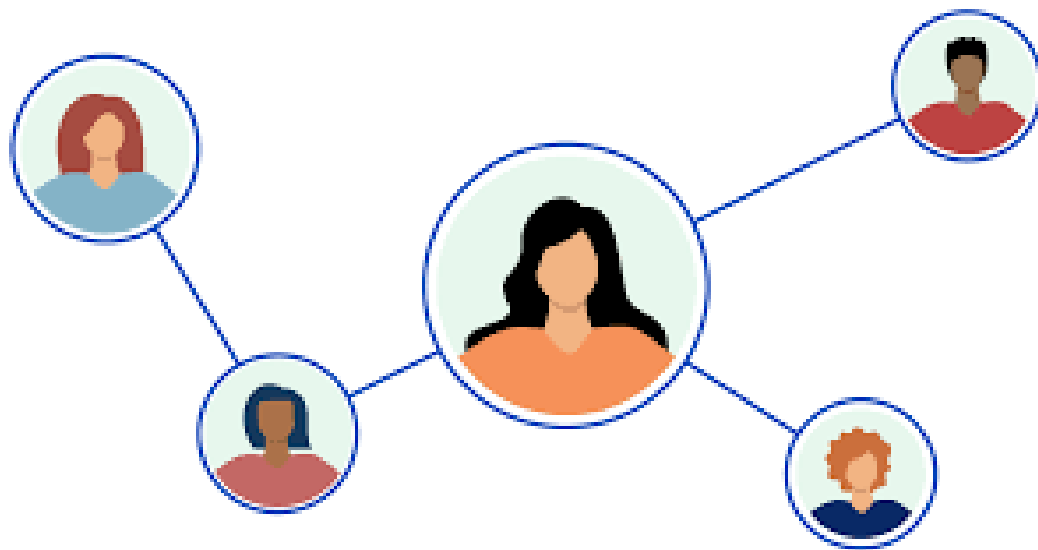
Professional Boundaries

What does good safeguarding need from us?

- Involved
- Compassionate
- Empathetic
- Diplomatic
- Collaborative
- Accessible
- Knowledgeable
- Engaged



What words are related Professional Boundaries?



Professional Boundaries: Definitions

'a set of guidelines, expectations and rules which set the ethical and technical standards in the social care environment (Cooper 2012)'

'a set of rules which support patients and staff, this means also that staff must recognise that they are in a position of power and that this must not be abused (NHS 2014)'

'Professional boundaries are the limits that make sure the relationship between a worker and the person using services is a safe and supportive one (Social Care Wales 2016)'



Why is it important to keep Professional Boundaries?:

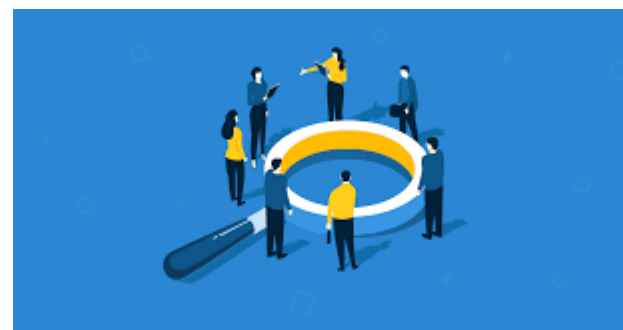


Professional
Boundaries

Purpose of Professional Boundaries

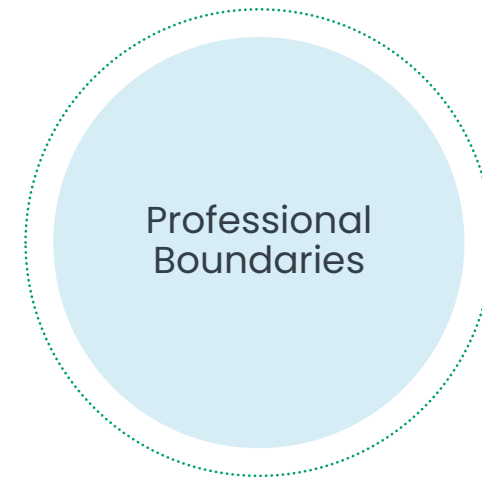


- A sense of professional identity, fairness, clarity, consistency and transparency
- Prescribes a system of limits and expectations
- Provides a safe connection between individuals





Why are Professional Boundaries important in our work



- Provides safety for both all
- Reduces anxiety as rules and roles are clear
- Reflects culture of an organisation
- Increases well-being of the worker
- Provides an environment underpinned by mutual respect.
- Reduces over reliance

Consequences of poor professional boundaries

- Leads to potentially unsafe practice, working beyond skills
- Increases stress/ burnout
- Causes confusion
- Undermines the working relationship
- Can compound client's difficulties – dependency
- Can lead to poor practice – over reliance
- Doesn't utilise resources that are available



How are professional boundaries established?

- Professional codes of conduct
- Emotional intelligence!
- Promotion of emotional resilience
- By Law
- Duty of Care
- Governance – internal procedures/ contracts
- Code of ethics/ practice guidance/ Code of Conduct
- Morals
- Experience

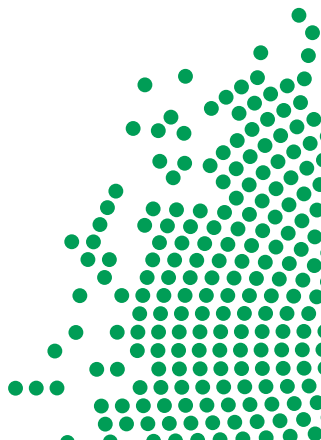




Emotional Resilience

The potential to exhibit resourcefulness by using available internal and external resources in response to different contextual and developmental challenges

(Pooley and Cohen 2010)





Maintaining Emotional Resilience

- Self-Care
- Self-compassion
- Supervision and Organisational support
- Optimism & Hope
- Empathy
- Social Competence
- Flexibility
- Social Support
- Reflective Thinking



Let's Discuss – Yes or No

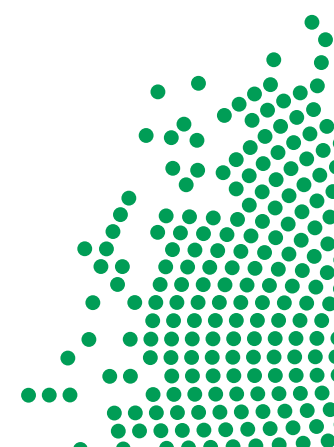


A client adds you on face book or Instagram. Should you add them?

A client with a spent conviction for serious child abuse asks you lots of questions about your private life, family and children. Should you discuss this?

You are offered to go outside for a cigarette or a vape with a client. Should you go?

A client asks you to be a guarantor on a privately rented flat, they are living in a hostel with 4 children, and they tell you that you are the only person they have to ask. Should you do this?

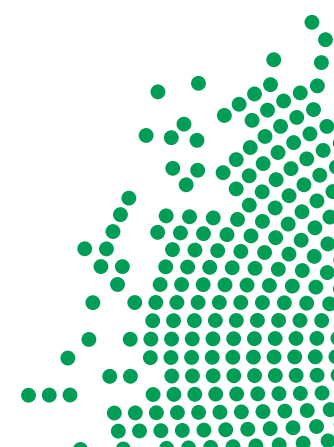




How to keep yourself safe in your Role



- Be aware of your limits
- Be aware of professional boundaries
- Seek support in difficult situations
- Seek support for personal issues
- Use your DSL for advice
- Use resources available. Know other services make links/network
- Debriefs/ reflective learning
- Supervisions
- Establish ways to create boundaries between work and personal life. Phones/ICT devices etc



Don't stop being an iced cake: Its an easy as ABC

Awareness


- Know your own trauma 'map'
- Be more self-aware – keep a diary?
- Take good self care
 - take regular and 'proper' breaks
 - enjoy other environments
 - smile!
- It's okay to have fun

Balance

- Permit yourself to have emotions
- Find a way to switch off
 - make plans
- – Know the limitations of you role
 - power down your device
- Actively practice time management skills
- Get active!

Connection

- Listen to family, friends, colleagues
- Avoid professional isolation
- Debrief
- Talk to your manager
- Undertake training and other learning opportunities
- Empower people you support



Professional
Boundaries



Future learning opportunities



Professional
Boundaries

3 hour, professional boundaries open training

Safeguarding good practice means that everyone is:



Free from abuse



Empowered



Treated with dignity
and respect



Afforded equality
of opportunity



Recognised, valued,
and accepted



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