



# Supporting social care for adults

An introduction to SCIE's services

[www.scie.org.uk](http://www.scie.org.uk)

social care  
institute for excellence



## About SCIE

The Social Care Institute for Excellence (SCIE) supports the transformation of social care by identifying and transferring knowledge about good practice. We provide practical guides, learning materials and information based on sound knowledge about what works in planning and delivering social care. We also ensure that the experiences and expertise of people who use services, their carers and workers are reflected in all aspects of our work.

Established by the Government in 2001, we are an independent charity working across the UK. We support care services for adults, children and families and we work collaboratively with partners at national, regional and local levels.

*'The leading source of practice information for social care.'*

Don Derrett, Director, self direct

# Introduction

Keeping up to date with all the latest developments in adult social care is challenging. Public expectations and needs are rising and, in response, policy and practice is changing at a rapid rate.

SCIE saves you time by gathering the best available knowledge about what works and interpreting this into accessible, easy-to-understand guidance, practical tools and support services – all available online. Our resources, which are based on reliable research and are available free of charge, will support your learning and development throughout your career.

SCIE resources can be used by managers, commissioners, planners and frontline staff, as well as trainers, students and potential care workers. People who use services and their carers may also find our resources useful in understanding the type and standard of care that should be available.

This booklet outlines some of our key resources and services for adult social care services.



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# Personalisation

Personalisation means thinking about public services and social care in an entirely different way – starting with the person and their individual circumstances rather than the service. SCIE is producing an extensive range of work, engaging with those who most need to be aware of the implications of personalisation.

SCIE recognises that the concept of personalisation continues to evolve in terms of both policy and practice. *Personalisation: a rough guide* (2008) tells the story so far. This very popular guide sets out current understanding of personalisation, exploring what it is, and placing the transformation of adult social care in the context of wider public service reforms. An updated version will be published shortly.

SCIE has developed a series of concise and accessible *At a glance briefings* about personalisation for different professional groups. This includes commissioners, personal assistants, carers, home care providers and advocacy workers. The briefings can be used as training resources in teams or with individuals.

## Older people

Older people are the largest group of users of adults' services. Our resources cover a wide range of topics from mental health issues in older people, dealing with hospital stays, restraint and dementia.

SCIE's *Dignity in care guide* includes practice points, examples and useful links to other materials. It helps frontline workers, practitioners, managers and commissioners to ensure that dignity and respect are integral to the services they provide. We have recently added a section about nutritional care to the guide and its importance in health and social care.

SCIE has produced a range of materials to support staff working in care homes for older people. These include e-learning resources to develop a wider knowledge and understanding about the meaning of 'restraint', and training materials to help care homes deliver in-house training on this area.



# Disabilities

Disability services are adapting to changing priorities as we move to personalised services.

People with learning and physical disabilities want to have a say in the planning and delivery of services. There is good evidence about the role of self-advocacy and we have produced several resources designed to share ideas with people with learning disabilities and those who work with them or care for them.

SCIE makes resources available to all those who need them by producing in alternative formats on request. We have produced several easy read publications for people with learning disabilities, including one on personalisation.

Our *Working together to support disabled parents* guide includes inter-agency protocols to support families where parents have additional needs such as physical and/or sensory impairments, learning disabilities, mental health, or drug and alcohol-related problems.

# Mental health

Based on the evidence, SCIE promotes inclusive and personalised support for people with mental health problems.

*Commissioning and providing mental health advocacy for African and Caribbean men* demonstrates how appropriate advocacy services contribute to countering the effects of social exclusion and discrimination. These have been identified as significant issues for this group in their engagement with mental health services.

SCIE produces accessible e-learning resources designed to help students, practitioners and care workers alike. *An introduction to mental health and older people* uses multimedia like case studies, quizzes, video and audio to raise key issues and positively influence practice. Have a look at our other e-learning resources on the SCIE website.

## Dementia

By 2021, one million people in the UK will have dementia – many more will be providing informal care. SCIE has produced joint guidelines for health and social care staff on dementia with the National Institute for Health and Clinical Excellence. We have also developed a new website that brings together the knowledge about what works in social care for people with dementia. A crucial part of developing these products has been involvement from people with dementia themselves, and their carers.

# Participation and co-production

Organisations that recognise the importance of participation and co-production, and actively engage people who use their services in planning and improvement say they welcome the move towards personalisation and individual budgets.

SCIE's *The participation of adult service users, including older people, in developing social care guide* focuses on how practitioners and managers can initiate and sustain the participation of adults who use services.

Informed by a SCIE race equality seminar, we have also produced discussion papers covering diversity within organisations, and the use of direct payments for black and minority ethnic people.

## Carers

There are an estimated six million people in the UK providing care for a relative, friend or neighbour. Caring for others can be extremely stressful and it is increasingly recognised that carers are themselves in need of support. Their right to support has now been established in law.

SCIE's *Implementing the Carers (Equal Opportunities) Act 2004* guide offers quick and easy access to information that will aid the implementation of the 2004 Act alongside previous related legislation. SCIE always considers the needs of carers when producing guidance.



## Mental capacity

The Mental Capacity Act 2005 came into force during 2007. SCIE, in partnership with the Department of Health, is involved in a post-implementation programme with the principle aim of sharing best practice about the Mental Capacity Act. This includes training materials and specialist resources. To find out more, go to SCIE's extensive Mental Capacity Act web resource.

# People management

The successful transformation of social care services will depend on a more flexible and skilled workforce with enthusiasm for learning new skills. SCIE supports organisations that provide teaching and training in social care by producing resources that focus on developing new, and improving existing skills. Our resources can be used by inhouse teams, training organisations, universities and schools – as well as individuals wishing to learn alone.

We also aim to improve the quality of leadership and commissioning and are supporting the new National Skills Academy for Social Care.

All our e-learning resources can be used in formal, and informal training. We have also developed *Care Skillsbase* to help social care employers identify and develop the communication and number skills staff need to do their jobs. Social Care TV is a new online service for everyone involved in the social care sector.

This site offers access to video-based training resources, and general interest programmes, reflecting the issues, challenges and rewards in current social care practice. Our comprehensive People Management website is a virtual human resources team online, helping you with the full range of issues from recruitment and induction, to training and development. Leading Practice is an online development programme for first-line managers in care services.



## SCIE resources and services

**Guides:** Our detailed, online guides are aimed at social care practitioners.

**e-Learning resources:** Interactive, web-based resources which include games, quizzes and films

**Short briefings:** Our At a glance briefings summarise the main recommendations in our more detailed guides, while our research briefings pull together the main research on the key issues in social care

**Social Care TV:** An online service featuring short films, accompanying text and links to related information.

**One-stop-shop resources:** We have a range of comprehensive online resources.

**Social Care online:** The UK's most complete range of information and research on social care online.

Visit [www.scie.org.uk](http://www.scie.org.uk) to view or download SCIE's free resources, and to sign up for regular e-mail updates.

This leaflet can be produced in alternative formats upon request.

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