

What are Blanket Rules?

Rules or policies that restrict a patient's liberty and other rights, which are routinely applied to all patients, or to classes of patients, or within a service, without individual risk assessments to justify their application



What it is...

It is about reducing risk and maintaining safety using the least restrictive option available

It is about promoting freedom autonomy and choice even in a restrictive environment

It is about showing empathy, respect, being helpful and taking responsibility for our actions



Examples may include:

- Not having access to fresh air
- Not having access to the internet
- No access to mobile phones
- Not having access to incoming or outgoing mail
- Not allowing visitors
- Not having access to money
- Not being able to take part/forced to take part in activities
- The doors are locked
- Having specified bed times
- Limited access to food
- Limited bedroom access



What it is not...

It is not to punish or humiliate

It is not about placing unnecessary restrictions on service users

It is not about compromising safety and security

It is not about managing staffing levels

It is not about getting rid of all rules and regulations

Where there is a blanket restriction in place, there should be evidence that a discussion has taken place with the service user/s and documented accordingly.

There are some blanket restrictions due to external factors such as legislation which limits what we can / can't do within the service