SELF-NEGLECT
– balancing safeguarding and autonomy

Led by: Dr. Mary Rose Day, Nurse Consultant/ Adjunct Senior Lecturer School of Nursing & Midwifery UCC,
Event organised by: Sage Advocacy
Date: 30th October 2019 @ 5.30p.m.
Venue: Wood Quay, Dublin 8.
DEFINITIONS OF SELF-NEGLECT

• Self-neglect: A spectrum of behaviours defined as the failure to, (a) engage in self-care acts that adequately regulate independent living or (b) take actions to prevent conditions or situations that adversely affect the health and safety of oneself or others (Naik et al, 2008, cited HSE, 2019, p. 13).

• Self neglect covers a wide range of behaviours neglecting to care for one's personal hygiene, health or surroundings and includes behaviours such as hoarding (DH, 2016).
SAFEGUARDING POLICY VALUES AND PRINCIPLES

• Human Rights;
• Person-Centeredness;
• Advocacy;
• Confidentiality;
• Empowerment;
• Collaboration

• Prevention (HSE, 2019)
• Proportionality (HSE, 2019)

“Vulnerable adult”

Definition “At risk “

Final Draft HSE Adult Safeguarding Policy
(2019)

June 25th 2019

National Safeguarding Office
# SELF-NEGLECT: ASSOCIATED FACTORS

<table>
<thead>
<tr>
<th>Physical/psycho-social</th>
<th>Environmental</th>
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<tbody>
<tr>
<td>Impaired physical function</td>
<td>Financial issues</td>
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<tr>
<td>Pre-frailty <em>(Lee et al., 2016)</em></td>
<td>Deprivation</td>
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<tr>
<td>Pain, Nutrition</td>
<td>Neighborhood cohesion</td>
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<td>Multiple chronic diseases (depression, dementia, mental health issues, suicidal</td>
<td>Neighborhood disorder</td>
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<td>ideation etc.)</td>
<td>(trash, loud noise, strangers, unsafe traffic conditions, vandalism, etc.)</td>
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<tr>
<td>Autism</td>
<td><em>(Hei &amp; Dong, 2018)</em></td>
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<td>Trauma</td>
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<td>Alcohol substance abuse</td>
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<tr>
<td>Living alone, Isolation, Reduced social networks, Service refusal</td>
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<tr>
<td>Poor self-esteem, coping <em>(Gibbons 2009)</em></td>
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<td>Maladaptive attempts to maintain self-identity and continuity <em>(Bozinovski, 2000)</em></td>
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COMPETING MORAL IMPERATIVE

Respect for Autonomy and Self-Determination

Duty to Protect and Promote Dignity
<table>
<thead>
<tr>
<th>Actions</th>
<th>Responsibilities</th>
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<tbody>
<tr>
<td>1. Articulate the ethical problem(s) and identify relevant facts</td>
<td>Be ethically sensitive and communicate clearly</td>
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<tr>
<td>2. Identify stakeholders’ interests, needs, values</td>
<td>Be respectful and inclusive</td>
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<tr>
<td>3. Weigh the merits and demerits of available courses of action</td>
<td>Be informed and fair</td>
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<tr>
<td>4. Select the action which can best be supported by ethical principles</td>
<td>Be impartial and transparent</td>
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<tr>
<td>5. Review</td>
<td>Check: have I been sensitive, clear, respectful,</td>
</tr>
<tr>
<td></td>
<td>inclusive, informed, fair, impartial and transparent?</td>
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Assumptions vs evidence

Values and ethics

Experiential Learning

Theories and methods

Skills

Knowledge and co-creation
ASSESSMENT TOOLS


- Short Form Elder Self-Neglect Assessment Tool (SF-ESNA) 25 items (12 physical and psycho-social and 13 environmental and personal living conditions. (Iris, 2017)

- Clutter image rating (CIR) scale. Nine photographs that depict a room in various states of clutter, beginning with a room that is as tidy as an empty hotel room. Free online. (Frost et al., 2008; Tolin et al., 2010)
EFFECTIVE SELF-NEGLECT PRACTICE

• Legal literacy - ability to connect relevant policy, standards and legal rules
• Person centred and relationship centred practice;
• Values and ethics for my practice;
• Knowledge from a wider range of sources;
• Theories and methods for my practice;
• Knowledge of research to informs practice;
• Organisational Knowledge
• Decision making and skills for practice
• Supervision that promotes reflection and critical analysis of approach taken
SELF-NEGLECT: CHALLENGES….

Physical, Psycho-Social & Environmental Factors

Complex interplay of intentional & unintentional (ability or unwillingness or both)

Communication, multi-disciplinary teamwork, interagency cooperation, intersectoral work e.g. involving fire services

HSE Safeguarding Policy / DOH safeguarding policy (emergent) vs HSE Resources / HIQA standards for Safeguarding

Threshold?
Where does self-neglect fit?
Who is responsible?

Competing Ethical and Moral Decisions

Capacity

Supervision and support

Evidence for Effective Interventions
CONCLUSION

• Self-neglect as a serious public health entity
• Long term supportive relationship-based approaches to involvement with self-neglect cases is accepted as a pattern of work
• Clear communication, collaboration, multidisciplinary team approach, interagency co-ordination shared risk management and decision-making systems and clarity of roles and responsibilities
• Training and supervision to support health and social care professionals to engage with the ethical challenges, legal options, skills and emotions involved in self-neglect practice.

3rd place from American Journal of Nursing (AJN) annual book of the year awards, honouring the most valuable texts of 2018 in the Gerontological Nursing category.

mr.day@ucc.ie


REFERENCES & WEB RESOURCES

- SAGE website https://www.sageadvocacy.ie/resources/legal-rights/decision-making-capacity
- Health Information & Quality Authority https://www.hiqa.ie/