



Talking Mats and Supported Decision-Making

Aim

- To provide an understanding of what supported decision-making is and how the use of Talking Mats can support best practice

Question 1

- Please log onto the Wi-Fi
- Please go to www.Sli.do
- Please enter the event code **#B174**
- You can now take part in our live polls today

Q1. What does supported decision-making mean to you?

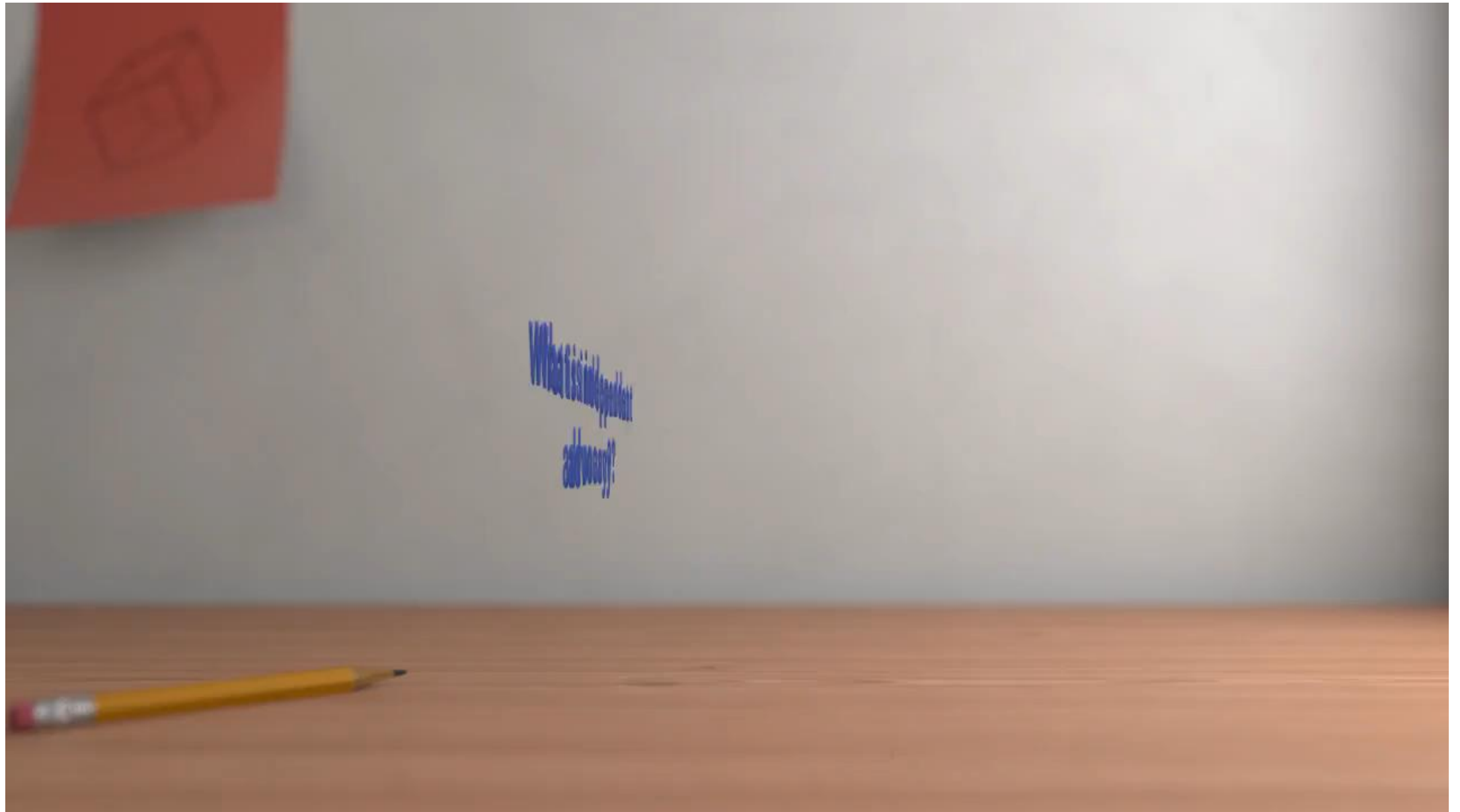
- We want you to think about the term supported decision making
- What does that mean to you?
- Can you think of a few words to sum up your thoughts on supported decision making and enter them into our first poll on sli.do
- You can vote as many times as you like if you have a lot of words coming to mind!

What is supported Decision Making?

“Supported decision-making” is a process in which an individual is provided with as much support as they need in order for them to be able to:

- 1) Make a decision for themselves: and/or
- 2) Express their will and preferences within the context of substitute decision making (for example, guardianship or compulsory treatment for mental disorder).

In both cases the purpose of supported decision-making is to ensure that the individual's will and preferences are central to and fully respected in decisions which concern them.



What is independent
advisory?

Legislation

- The Adults with Incapacity (Scotland) Act 2000
- The Adult Support and Protection (Scotland) Act 2007
- The Mental Health (Care and Treatment) (Scotland) Act 2003
- The Equality Act 2010: The Equality Act protects people against discrimination because of the protected characteristics that we all have, there are nine protected characteristics
- United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) - Article 12(3) and Article 12 (4)

Legislation bingo

1. B_N_F_T

2. L-ST R-STR-CT-V-

3. W-SH-S

4. R-L-V-NT -TH-RS

5. S--LLS

6. P-RT-C-P-T—N

7. -U-PO—ED

8. N-N D-SCR-M-N-T-RY

9. -PT--NS

Legislation bingo

1. BENEFIT	2. LEAST RESTRICTIVE	3. WISHES
4. RELEVANT OTHERS	5. SKILLS	6. PARTICIPATION
7. SUPPORTED	8. NON DISCRIMINATORY	9. OPTIONS

Main Principles

range of options
skills

past and present wishes

benefit

participation

no unfavourable treatment

least restrictive option

consult with relevant others

Talking Mats?

- The use of Talking Mats increases an individual's capacity to communicate effectively about things that matter to them.
- The Talking Mats framework can be used very effectively as an explanation tool.
- Talking Mats allows the individual time to process information and respond in their own time, supporting comprehension.
- Talking Mats can then be used to support someone to make choices and discuss their options in relation to legislation, giving the individual more control.

Legislation symbols and Talking Mats

- At The Advocacy Project we support individuals to have as much control as possible when involved in legal processes
- We support them to understand the process as much as possible
- We support them to make a decision about how they want their life to progress
- We began using the Talking Mats framework to support individuals to understand the legal processes and make decisions but found we didn't have the necessary symbols
- We began adding various pictures to supplement the existing Talking Mats symbols
- We are hoping to secure funding to work in partnership with Talking Mats to develop symbols for "Supported decision-making"

Case Study 1

- An advocacy worker was supporting a young woman with a learning disability who was thought to be experiencing a psychotic episode.
- She had been detained in an in-patient learning disability unit on a short term detention certificate. An application was made for a compulsory treatment order, which was granted. Later, when discharge planning was in progress, an AWI guardianship application was made.
- Although the young woman was able to communicate verbally, the effects of the psychosis combined with her learning disability meant that her conversation was discursive and she was very easily distracted.
- Using a combination of TM and our additional symbols over a number of sessions, the advocacy worker managed to ascertain her views about being in hospital, receiving medical treatment and her preferences in respect of future post discharge welfare decisions.
- The TM reports were submitted as evidence at two mental health tribunal hearings and the AWI hearing at the sheriff court.
- We received positive feedback from the curator ad litem, mental health officer and tribunal members regarding the reports and they had never had TM reports submitted before.
- The use of TM had been instrumental in supporting the young woman put forward her views and ensuring an outcome she was happy with.

Case Study 2



Case Study 2

- An advocacy worker was supporting a person through the Adult Support and Protection process.
- The person had an acquired brain injury and was non verbal.
- The advocacy worker used TM to get an insight into their views on their current placement.
- The 1st TM shows the initial discussion where it became apparent they didn't know what a care plan was.
- The 2nd mat was completed after the advocacy worker had explained what a care plan was and this mat and other sub-mats were used at the case discussions and helped ensure a robust protection plan was put in place.

Question 2

- How confident would you feel in using Talking Mats to support someone to make a decision about their life?
- Please choose one answer from the drop down list on sli.do

Question 3

How would you sum up this workshop in one word, any parting thoughts?

Please use [sli.do](#) for the last time today.

Contact details

- Ann Lafferty: Engagement & Involvement Coordinator
- ann@theadvocacyproject.org.uk

- Claire Wiseman: SDS Coordinator
- Cwiseman@theadvocacyproject.org.uk

- Tel: 0141 420 0961

THANK YOU

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