Risk V Benefit
which is the greater?

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San Juan

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United Kingdom
Life is inherently risky. There is only one big risk you should avoid at all costs, and that is the risk of doing nothing.

Denis Waitley
So ... what is a risk?

**Risk** is the potential of loss (an undesirable outcome, however not necessarily so) resulting from a given action, activity and/or inaction. The notion implies that a choice having an influence on the outcome sometimes exists (or existed). Potential losses themselves may also be called "risks". Any human endeavour carries some risk, but some are much riskier than others.
And a risk in a care home?

- Walking around?
- Leaving the building?
- Carrying a cup?
- Ironing?
- Gardening?
- Decorating?
- Prevented from doing anything?
What can happen if we stop the risk?

- Frustration
- Distress
- Anger?
- Withdrawal?
- Depression?
- Non Person?
- Which is the greater risk?
And a Benefit? (According to Thesaurus!)

- Advantage
- Help
- Assistance
- Use
- Value
- From Clinical Observations .... Increased well-being
Case Study One

Walking down the corridor, I observed a resident in a ‘tussle’ with a carer. She was trying to get a towel out of the used linen trolley. The carer was trying to take it back. Once it was resolved, I asked the carer ....

What was the risk?

Why did the resident want it?

She responded that the towel was dirty

The resident became extremely distressed

Which was the bigger risk?
Case Study Two

Resident A was at risk of falls. He fell frequently but had not experienced a ‘serious injury’

He was constantly asked to sit down and reminded that he may fall. He became withdrawn and his well-being deteriorated.

The bigger risk:

That Resident A would stop mobilising altogether, become dependent upon others and depressed.
Positive Risk Management or PCC Approaches

- Consider the person as a unique human being that has led a full life and retains hope in their future
- Establish where you can what their attitude to risk taking has been in the past (Best Interests in workshop)
- Facilitation
- Collaboration
- Empowerment
Stop Risk at all Costs or MSP?

- The person has dementia they are capable of little (Labelling)
- Excluding as too much of a risk (stigmatisation/banishment)
- Prevention as low risk strategy (Disempowerment)
- They may be ‘safe’ physically but will the person be ‘safe’ psychologically?
How restraint links into risk prevention

- Sit down – you will fall
- Stop – you will hurt yourself
- I am afraid we can’t let you do that ….
- Let me do that for you ….
- Let’s give him a tablet to help him calm down and then perhaps he will stop ‘wandering’ ….
- Let’s pop the cot sides up – that will stop him getting out of bed and falling
Why the Risk-Benefit Assessment?

- Difficult decision to take alone
- Involves resident where they are able and/or relative
- Helps to look at all aspects of the activity
- Helps to make a decision in the best interests of the person
- But ... accidents may still happen
Because if you’re prepared and you know what it takes, it’s not a risk. You just have to figure out how to get there. There is always a way to get there. – Mark Cuban
Fred is a little unsteady on occasions and may fall. No risk to others. Fred has been active all his life and gains pleasure from walking around the garden. Additional Comments: The pathways are clear but the garden does have some raised areas away from the pathways. Additional Comments: Fred has been known to become quite distressed if he is unable to go out and has been known to punch the walls in frustration. Consequences: Fred may fall and injure himself. Consequences: Fred may become distressed and injure himself or others if not permitted to do this.
## Risk Benefit Analysis and Statement

<table>
<thead>
<tr>
<th>Risk Benefit Analysis and Statement</th>
<th>Risk Benefit Plan</th>
<th>Please date all who have been consulted and include comments in Statement</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fred has expressed that he</strong></td>
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<tr>
<td><strong>Would like to go outside</strong></td>
<td>On balance, although there is a medium risk and likelihood of falling, all</td>
<td>Resident 03.12.10</td>
</tr>
<tr>
<td><strong>Fred’s wife Wilma has stated</strong></td>
<td>Parties felt that the risk of distress and physical decline was higher;</td>
<td>Relative 03.12.10</td>
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<tr>
<td><strong>Unaccompanied into the garden</strong></td>
<td>Therefore:</td>
<td></td>
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<tr>
<td><strong>So that he can be ‘alone with</strong></td>
<td>1) If Fred is asking to go out into the garden, ensure that he is dressed</td>
<td>GP</td>
</tr>
<tr>
<td><strong>His thoughts’</strong></td>
<td>Appropriately for the weather</td>
<td></td>
</tr>
<tr>
<td><strong>Fred is often spent time in</strong></td>
<td>2) Staff should make sure there are no obvious risks in the garden on a</td>
<td>Consultant</td>
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<tr>
<td><strong>The garden and used to sit in</strong></td>
<td>Daily basis (i.e. gardening equipment left unattended)</td>
<td>Care Manager</td>
</tr>
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<td><strong>The shed reading the paper</strong></td>
<td>3) Staff to speak to the Gardener/Maintenance Person to show them this</td>
<td>IMCA</td>
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<tr>
<td><strong>It was cold. She is aware of</strong></td>
<td>Plan and ask that he does not leave anything unattended and to highlight</td>
<td>DOL’s</td>
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<tr>
<td><strong>The risk of falling but feels</strong></td>
<td>Any risk areas immediately to the Home Manager (i.e. uneven surface)</td>
<td>Advocate</td>
</tr>
<tr>
<td><strong>Fred would rather take the risk</strong></td>
<td>4) One member of staff should be allocated to check Fred’s whereabouts</td>
<td>Capacity Assessment:</td>
</tr>
<tr>
<td><strong>Than feel restricted as he has</strong></td>
<td>In the garden every 15 minutes through the window to ensure that he is</td>
<td>Advice on any other equipment required to manage risk safely</td>
</tr>
<tr>
<td><strong>Become quite distressed in the</strong></td>
<td>Safe and not appearing too cold/hot</td>
<td></td>
</tr>
<tr>
<td><strong>past</strong></td>
<td>5) Nominated Staff member should approach Fred every 30 minutes to</td>
<td></td>
</tr>
<tr>
<td><strong>Fred’s Capacity Test has</strong></td>
<td>Ask if he would like a drink or if there is anything he needs</td>
<td></td>
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<tr>
<td><strong>Highlighted that he is not able</strong></td>
<td>6) If a shed is purchased and Fred chooses to spend considerable time</td>
<td></td>
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<tr>
<td><strong>Retain or weigh up the risk of</strong></td>
<td>In there, a ‘battery monitor’ could be placed within the shed to alert us</td>
<td></td>
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<tr>
<td><strong>Falling and continues to say</strong></td>
<td>Immediately if there seems to be a problem</td>
<td></td>
</tr>
<tr>
<td><strong>“I want to go out on my own”</strong></td>
<td>7) This plan must be reviewed at least weekly as it has been assessed</td>
<td></td>
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</tbody>
</table>

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**Four Seasons Health Care**

**Resident Name:** Fred Flinstone  
**Date of Birth:** 11.01.43  
**Unit/Home:** Sunnyview
Every man has the right to risk his own life in order to preserve it.

Jean-Jacques Rousseau

Thank you for Listening