



Newham's Safeguarding Adults Board want to hear from Newham residents

We would like to hear about your experiences of the Mental Capacity Act as users or as carer/relative of a user of health and social care services



The Mental Capacity Act have five guiding principles:

1. Assume that people are able to make decisions, unless it is shown that they are not.
2. Give people as much support as they need to make decisions.
3. Unwise decisions: If a person makes unwise decisions, this is ok, as long as they understand what they are doing,
4. Best Interests If someone is not able to make a decision, then the people helping them must only make decisions in their 'best interests'.
5. Find the least restrictive way of doing what needs to be done.

The Mental Capacity Act is a law all about making decisions. The Mental Capacity Act is about making sure that people have the support they need to make as many decisions as possible. The Mental Capacity Act also protects people who need family, friends or paid support staff to make decisions for them.

To make a decision we need to: understand information, remember it for long enough, think about the information and communicate our decision.

A person's ability to do this may be affected by things like learning disability, dementia or a mental health problem

We need to hear the lived experience of Newham residents to help us ensure that Mental Capacity Act practice is effectively embedded across Newham's services.

If you or your relative have experience of the Mental Capacity Act when using health and/or social care services around making decisions in areas of your life, for example, the care, treatment and support you receive, where you are to live, how you manage your finances, Newham's Safeguarding Adults Board would like you to share your experiences with us.

You can help us with our task to improve practice by completing this short survey.

Please score each question on a scale 1-5, with 1 not at all and 5 very much so, and add any comments you have about your experiences.

The survey results will be anonymous to ensure your privacy, please find the survey and QR code to an electronic survey on the reverse of this page.





Please score each question on a scale 1-5, with 1 not at all and 5 very much so					Comments of your experience in this area
Were the reasons for the assessment effectively explained to you by the assessor?					
1	2	3	4	5	
Did you feel supported by the assessor?					
1	2	3	4	5	
Were you listened to and your views respected?					
1	2	3	4	5	
Were you able to express your views, wishes & preferences?					
1	2	3	4	5	
Were people important to you consulted about the decision?					
1	2	3	4	5	