

Topic : Difficulties of Carers of people with Learnig Disabilities having Challenging Bahviour

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**Difficulties of Carers of people with Learnig Disabilities having Challenging Bahviour**

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## **Difficulties of Carers of people with Learning Disabilities having Challenging Behaviour**

### **Introduction**

People with learning disabilities may also manifest challenging behaviour which makes it difficult for their carers to handle them and provide maximum care. Challenging behaviour refers to manifestation of aggressive, destructive or self-injuring behaviour by people with learning disabilities (PLD). Such behaviours endanger not only the PLD but also people around them such as other PLDs in a care home or their carers. It is difficult for the carers to perform their duties properly when PLD show challenging behaviour. Sometimes the carers have no choice but to use restrictive practices such as physically restraining the PLD (Mills and Rose, 2011). As a result of these practices some carers lost their jobs followed by accusation of abuse and/or excessive force used in caring. On the other hand some carers had to face personal injuries, infections etc. while performing their duties towards PLD. Some carers even suffered lifelong physical and/or psychological harms during the course of their duties. This research aims to study the level of support that is available to carers of PLD showing challenging behaviour in order to minimise harm to both PLDs and their carers (Rose, 2010).

### **Background (Including rationale)**

In order to minimise harms to both carers and PLDs there must be adequate level of support available to the carers. This support should assist the carers to perform their duties properly and provide maximum care to PLDs while preventing all forms harm to both carers and PLDs. An adequate level of support will reduce rates of injury to both carers and PLDs, staff turnover, legal issues faced by carers and care homes, and increase quality of life of carers (Mutkins, Brown,

and Thorsteinsson, 2011). This study will analyse the support available to evaluate the its effectiveness with respect to aforementioned aims of support.

### **Aims**

This research project

- Seeks to evaluate serious problems/sufferings caused by challenging behaviour of PLDs during their working life
- Raises awareness regarding carers' suffering/Difficult among general populations and particularly policy makers
- To recommend policy changes within care organisations regarding provision of care while minimising harm caused to carers by preventive measure

### **Objectives**

- To enhance quality of life of carers
- To enhance quality of working life by reducing harm, fear and stress
- Reduce staff (care) turnover
- Make recommendations for policy changes that reduce the need for specialist social care and/or health provision ultimately reducing cost of care

### **Literature Review**

Carers of PLDs face various types of feelings daily while dealing with challenging behaviour. Some carers even face small injuries and at various occasions significant injuries. In addition often physical restraints are practised by carers. These issues in performing their duties create

stress, tension, fatigue in carers which ultimately affect the provision of care, the quality of both professional and personal life of carer, and often results in harms caused to PLDs under their care (Emerson, *et al.*, 2012). Research shows that such harms not only include physical injuries but may also lead to long-term psychological problems in the carers. As a result there have been cases where carers were found to be abusing their powers and many of them lost their jobs along with the sufferings they faced during their jobs. The rate of staff turnover is high in this care settings and cost of care is increasing due to increase in demand of highly restrictive or specialised settings for PLD with challenging behaviours (Hastings, 2010).

In order to minimise such injuries and harms, staff turnover, and cost of care it is argued that adequate support to carers should be available. this care should be aimed to help carers dealing with anger, stress, and frustration that develops as a result of their professional duties (Farrell, Shafiei, and Salmon, 2010). This support will enhance the quality of life of carers as well as the care delivery. This support should be on organisational level and policy makers must ensure by policing that adequate level of care is being provided to carers in different care settings that accommodate PLD showing challenging behaviour (Noone and Hastings, 2010).

### **Research methodology**

This research aims to conduct a systematic literature review (SLR). A systematic literature review is a methodology that analyses high quality academic literature in order to answer the research question. It involves an exhaustive search strategy to obtain comprehensive set of academic material about the research topic followed by appraisal of quality of research material. Once high quality articles have been obtained SLR synthesis high quality literature and analyse the findings in broader literature to draw reliable and valid conclusions (Smith, *et al.*, 2011).

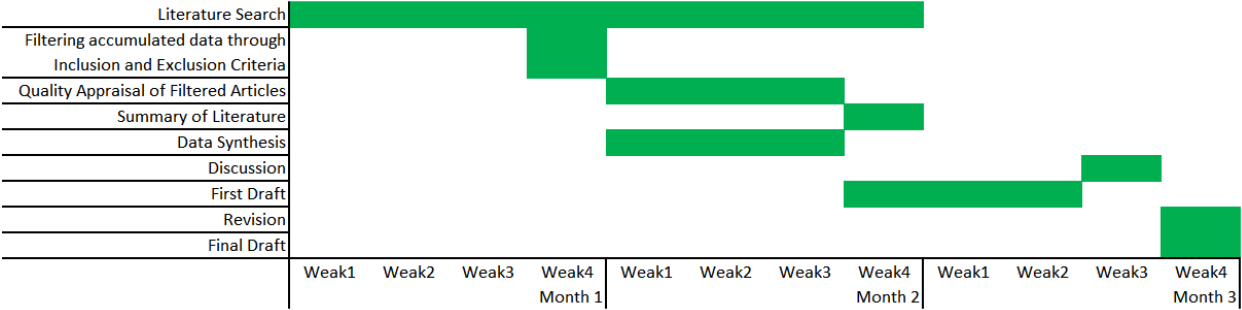
**Limitations of the study**

The primary limitations of the research project was limited budget and time available for the project. The researcher was unable to obtain various high level paid content and time limitations do not allow the researcher to conduct long-term studies such as experimental or randomised controlled trial study.

**Overcoming Limitations of the study**

In order to remain within the budget ther researcher chose SLR as a methodology for this study. since long observations cannot be conducted due to limited time therefore the researcher chose to include only high quality studies in SLR to increase the reliability and validity of the research.

**Research specifications Work Plan/Timeline**



**Ethical Considerations/Issues**

There are a number of ethical considerations that must be addressed while conducting SLR. The most prominent are giving appropriate credits to work of other authors, appraising the quality carefully, reporting the results with alterations and drawing conclusions without bias. As a carer

the author realises that there will be a certain level of bias but the author aims to conduct the review as honestly and objectively as possible.

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