

7 MINUTE BRIEFING Wellbeing Principle



**KNOWSLEY
SAFEGUARDING
ADULTS BOARD**

PREVENTION THROUGH PARTNERSHIP



1. What is the wellbeing principle?

The promotion of Wellbeing (also known as the Wellbeing Principle) is the principle duty of the Care Act 2014. Every action taken, function performed or decision made by professionals, must give consideration to the impact upon the person's Wellbeing.

The Wellbeing Principle applies equally to all people, regardless of whether they have been assessed as having eligible needs.

2. The definition of wellbeing:

The Care Act 2014 identifies wellbeing as a broad concept and is described as relating to the following areas:

- Personal dignity (including treatment of the individual with respect)
- Physical and mental health and emotional wellbeing
- Protection from abuse and neglect
- Control by the individual over day-to-day life (including over care and support provided and the way it is provided)
- Participation in work, education, training or recreation
- Social and economic wellbeing
- Domestic, family and personal
- Suitability of living accommodation
- The individual's contribution to society

3. Promoting wellbeing:

There is no hierarchy in the above factors; all should be considered of equal importance when considering 'wellbeing' depending on the adults needs, goals, and wishes.

Promoting wellbeing involves actively seeking improvements in the relevant aspects of wellbeing to the individual concerned.

This should be considered when carrying out a care and support function in relation to an individual at any stage of the local authority process, from the provision of information and advice to reviewing a care and support plan, to support the adult to achieve their desired outcomes.

4. Wellbeing and mental capacity

Building on the principles of the Mental Capacity Act 2005, it is important to begin with the assumption that the person themselves is best placed to judge their wellbeing and knows best their own outcomes, goals and wellbeing.

Considering the person's views and wishes is critical to a person-centred system. Local authorities should not ignore or downplay the importance of a person's own opinions in relation to their life and their care.

This is especially important where a person has expressed views in the past, but no longer has capacity to make decisions themselves.

7. Further Information:

- Care Act Statutory Guidance: [Care and support statutory guidance - GOV.UK \(www.gov.uk\)](http://www.gov.uk)
- SCIE, prevention and wellbeing: [Prevention and wellbeing: different groups of people - SCIE](#)

6. Wellbeing and independence:

- The concept of 'independent living' is a core part of the wellbeing principle.
- Issues include the individual's control of their day-to-day life, suitability of living accommodation, contribution to society – and each person's views, wishes, feelings and beliefs.
- People should be supported to think about how to remain as independent as possible for as long as possible, and within this how to use their own strengths and the strengths of their informal networks and communities.
- Supporting people to live as independently as possible, for as long as possible, is a guiding principle of the Care Act.

5. Approach to wellbeing:

When considering wellbeing you should:

- Not make assumptions that because two people may have similar Care and Support needs, they will also have similar needs in relation to the promotion of their Wellbeing
- Have genuine conversations with people to identify and explicitly consider the most relevant aspects of their Wellbeing
- People should be supported to think about how to remain as independent as possible for as long as possible, and within this how to utilise their own strengths and the strengths of their informal networks and communities
- Support the person to participate as fully as possible, including the provision of information and support necessary to enable them to engage
- Provide independent advocacy where a person lacks capacity or has substantial difficulty in engaging in or understanding Adult Care and Support processes);