



# SELF-NEGLECT INFORMATION FOR PRACTITIONERS

## Definition:

A range of behaviour in which an individual is failing to care for their personal hygiene, health or surroundings.



The KBSP carried out a thematic review of self-neglect. These are the key learning points from that review.

## Signs of Self-Neglect Can Include:

Poor personal hygiene      Unusual odours  
Unsuitable clothing      Missed appointments  
Dehydration      Forgetfulness  
Poor diet      Hoarding      Deteriorated presentation  
Infestation      Build up of waste in the home

Professionals should take an open minded approach to informal carers and family members. Their skills and knowledge base could prove useful.

It is important to accurately record informal carers' details so that when they are passed between agencies they are correct.

Long-term psychologically led specialist services should be brought in to mitigate the risks posed by short-term or reactive interventions.

Where possible, leaders should try and build upon the partnership working and community engagement developed during the pandemic to strengthen their systems.

Risk assessment tools should be made available to workers carrying out home visits.

Tackling issues such as Psychological Functional Disorder and addiction (e.g. to pain medication) will help to increase understanding of self-neglect.

Coordination between hospitals and primary health care providers is vital, particularly in cases involving opioid dependency.

It is important to agree a common language between professionals when communicating with patients, families and carers to avoid confusion.

The practice of closing cases after non-attendance at appointments should be avoided wherever possible.

