

# Top tips: at a glance

## 1. Know your role

Understand your role as an advocate in relation to the use of medication and in supporting people to have a better life.

## 2. Learn about best practice in supporting people whose behaviour challenges

Understand relevant approaches for supporting people and the guidelines and restrictions on the use of psychotropic medication.

## 3. Find out what medication people are taking

Support people to find out what medication they are on, to understand it and to ask questions about it. Do this on the person's behalf when appropriate.

## 4. Look and listen

Be aware of common side effects of taking psychotropic medication, and look out for these.

## 5. Ask about health and sensory checks

If someone's behaviour has changed, exploring any health and wellbeing issues underlying this could reduce the need for psychotropic medication.

## 6. Get the right invitations

Be in the right places to support the person you advocate for, if he or she wants you to.

## 7. Say something!

Support people to raise any concerns about their medication, or do this on the person's behalf when appropriate.

## 8. Second that

Support people to ask for a second medical opinion about medication where they want to do so. Do this on the person's behalf when appropriate.

## 9. Think safeguarding

If you think that a misuse of medication constitutes abuse or that a vulnerable person is at risk of abuse, notifying the local authority of a safeguarding concern may be the right thing to do.

## 10. Ask for support

Do discuss medication concerns during supervision with your line manager.