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.