

Enhancing Care for Older People Webinar Series. Session number: 37

Date: Wednesday 22nd October 2025 1.30 – 3pm

Title:

“What Does Safety Mean to You?”: Co-Creating Knowledge on Safety with Older People to Inform Safeguarding Practice and Policy

Presenters:

Professor Sarah Lonbay and Dr Keith Chappel
University of Sunderland



EnCOP Strategic Lead: Lynne Shaw



Housekeeping

- Please ensure microphones are muted and during presentation cameras are turned off.
- The event will be recorded and shared.
- The webinar recording and presentation will be circulated and uploaded on to the website following the event.
- If you have any questions during the session then please use the chat facility. We will attempt to address questions, if we can't then we will follow up after the event.
- Please also use the chat facility to inform us of any technical issues as this will be monitored closely throughout by one of the EnCOP team.
- Occasionally you may have difficulty seeing or hearing video clips that are played, this will usually be due to your own device or software settings and not something we can influence during the webinar session. Please be assured all content will be shared following the event so you will have an opportunity to view afterwards.
- If you need to take a break at any time throughout the session please feel free to do so.



Session aims and linked EnCOP Competencies

- **Aim:** To raise awareness of how older people and their families' experiences, and share best practice regarding communicating, empowering, and working with older people and families regarding safety, risk and safeguarding

- **Linked EnCOP Domains:**

Domain A : Values, Attitudes, Safe and Ethical Practice
Domain B: Partnership Working and Communication with Older People, Families, and Others
Domain C: Inter-professional and Inter-organisational working, communication, and collaboration
Domain D1: Ageing Well- Understanding Frailty- Prevention, Identification, and Recognition
Domain D2: Ageing Well – Assessing, Planning, Implementing and Evaluating Care and Support with Older People
Domain D5: Ageing Well - Promoting and Supporting Independence, Autonomy, and Community Connectivity for Older People

“What Does Safety Mean to You?”: Co-Creating Knowledge on Safety with Older People to Inform Safeguarding Practice and Policy

Data from the SAFE project

Enhancing Care for Older People (EnCOP) Webinar
22nd October 2025

- ❖ Sarah Lonbay (PI) (University of Sunderland)
- ❖ Keith Chappell (University of Sunderland)
- ❖ Martin Wilkes (University of Sunderland)
- ❖ Ileene Byrne (University of Sunderland)
- ❖ Jamie Scorer (University of Sunderland)
- ❖ Carole Southall (Northumbria University)
- ❖ Paul Hine (Made by Mortals)
- ❖ James Babyk-Glynn (Oldham Council)
- ❖ Claire Nixon (Newcastle City Council)

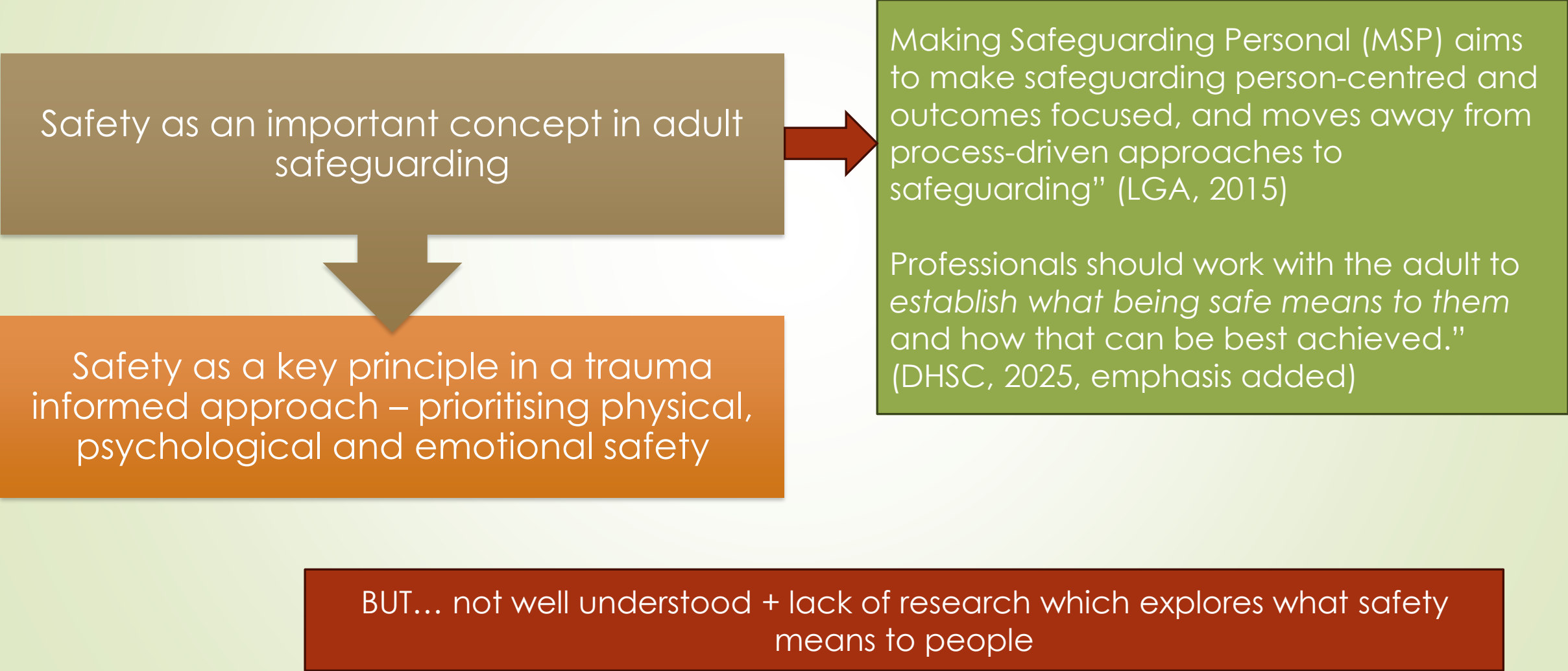


[ADULT] “SAFEGUARDING MEANS
PROTECTING AN ADULT’S RIGHT
TO LIVE IN ***SAFETY***, FREE FROM
ABUSE AND NEGLECT”

(DHSC, 2023)

CONTEXT

Safety as an important concept in adult safeguarding



Safety as a key principle in a trauma informed approach – prioritising physical, psychological and emotional safety

Making Safeguarding Personal (MSP) aims to make safeguarding person-centred and outcomes focused, and moves away from process-driven approaches to safeguarding" (LGA, 2015)

Professionals should work with the adult to *establish what being safe means to them* and how that can be best achieved." (DHSC, 2025, emphasis added)

BUT... not well understood + lack of research which explores what safety means to people

RESEARCH AIM:

To improve adult safeguarding for older people by addressing gaps in the understanding and implementation of Making Safeguarding Personal

RQ (1): What does safety mean to older people with care and support needs?

RQ (2): What strategies do older people employ/ have they employed to keep themselves safe?

RQ (3) How are older people involved in decision making about as and what supports this involvement?

RQ (4) What approaches are helpful in supporting older people to express and achieve their desired outcomes in as?



WORK PACKAGES



OUR CREATIVE RESEARCH METHOD

Workshop one:

- Introductions, research discussion, informed consent
- Pre workshop survey
- Warm up and starter exercise
- Creative discussions about safety, using metaphors etc
- Introduction to the arts materials and techniques
- Individual experimentation with natural dialogue

Workshop two

- Greetings and warm up
- Creative discussion, using grab bag poems
- Co creation of art work
- Closing survey

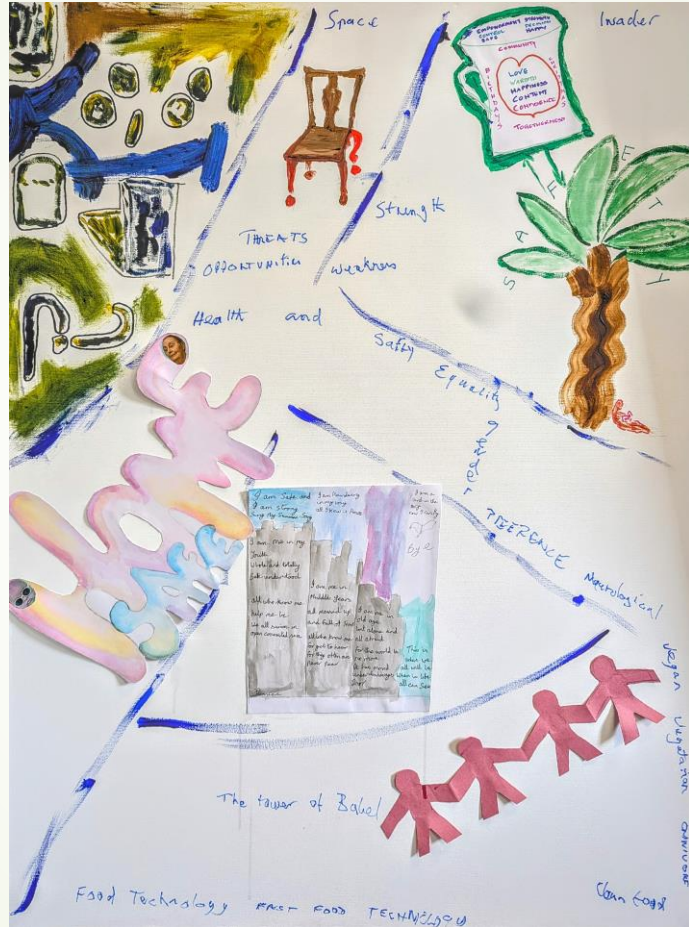
6 week follow up

4 groups of participants took part in 2 workshops each (total of 8 workshops with 27 participants)

Expert facilitation: Creative discussions led by Paul Hine and Tess Keeble (Made by Mortals)



Artwork led by Jess Dougherty (freelance artist and qualified counsellor).



KEY THEMES

Redefining agency
with a changing self

Adapting to an
ageing body

Retaining
personhood

Redefining agency in
a changing world

Actively
responding to a
changing world

Feeling left
behind

Relational safety
through mutual
understanding

Negotiating safety
in place

Routinised risk
management

Anticipatory
Safeguarding

REDEFINING AGENCY WITH A CHANGING SELF

Adapting to
an ageing
body

- *“when I was young [...] I was 6 foot 4, strong and I felt safe in my physicality. Now I am less able so I've had to wind my neck in. I can't challenge people because I'm less physically able.”*

Retaining
personhood

“Sometimes people assume you are old and don't want to do things, for example if you go into sheltered housing where things are done to you rather than with you”

Participant poem

The hardest thing that safety needs of me
Is to ask and let things be
A doddering old fool I'm not
But realise I need your help an awful lot
So now let's both learn how
This safety thing we both can grow
Through different, defference, and understanding
We are all a human being

REDEFINING AGENCY IN A CHANGING WORLD

Feeling left behind

"The world is going faster and faster and you're going slower and slower."

Actively responding to a changing world

"You rely on the National Health Service, but you see what's happening with it, and that can make you feel unsafe"



NEGOTIATING SAFETY IN PLACE:

Routinised risk
management

- “dynamic risk assessments – checking things on the go, assessing continually”

Anticipatory
safeguarding

“CCTV – safety is knowing someone is watching, also the yobs don’t like CCTV so they will avoid it”



Emerging learning about safety (from interviews)

Hierarchy of safety and risk – physical safety prioritised over emotional safety

Systematic and structural safety

Feelings of being less safe when more is happening

Safety as relational

Safety connected to have a “reasonable level of care” / being looked after

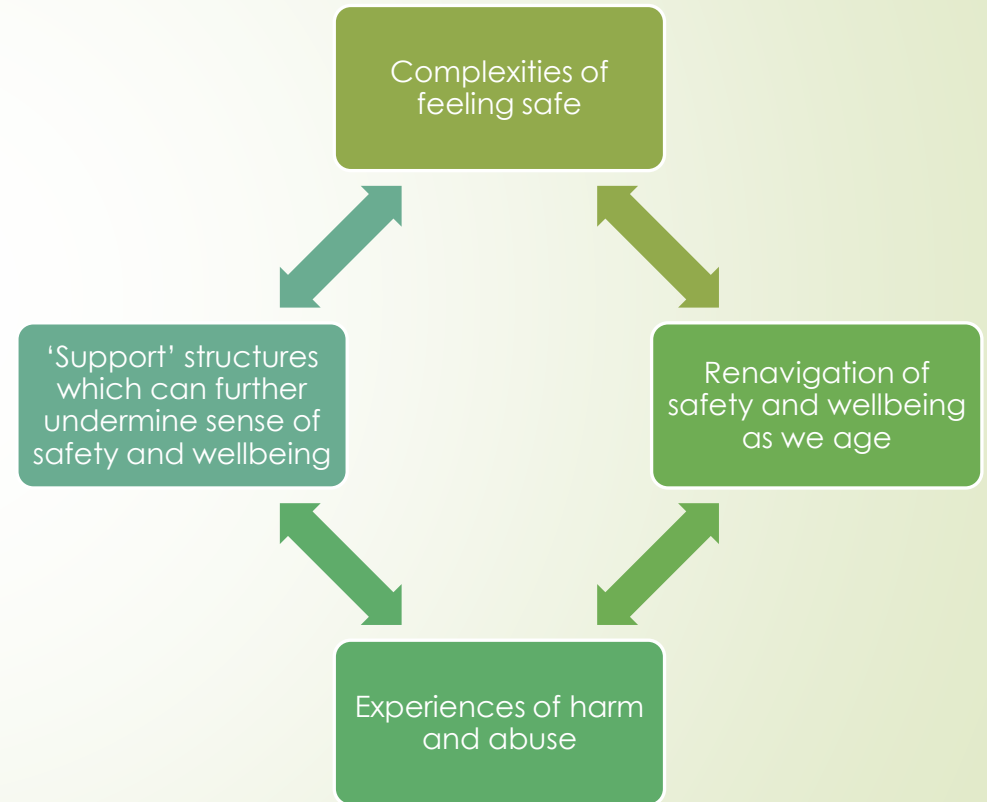
Safety as protection

Safety as restriction – freedom “when necessary”

Safety as positive - something added - *versus* safety as something negative removed

Safety

- Strategic risk management is part of daily life
- Safety is relational – built through trust, consistency and connection
- Agency is vital – even in complex or risky situations
- Professionals can foster or undermine safety, depending on their approach



Implications for practice

Recognise, respect,
and support older
people's own
strategies for
navigating safety

Move beyond binary
risk/ safety thinking

Develop practices
that foster trust,
continuity and
relational care

Focus on emotional
safety (provision of
support or therapy
could be an AS
outcome)

Foster autonomy and
agency in service
design and delivery

Shift from
safeguarding 'for' to
safeguarding 'with'

Make Safeguarding
procedures clear and
accessible for
everyone

Connect people to
communities and
peer support

Understand the role
of professionals in
supporting agency
and safety

Pay attention to what
is added and to what
is removed when
supporting someone
to keep safe

THANK YOU



Questions/ queries?



Please feel free to contact us:

Sarah.Lonbay@sunderland.ac.uk

Keith.Chappell@sunderland.ac.uk



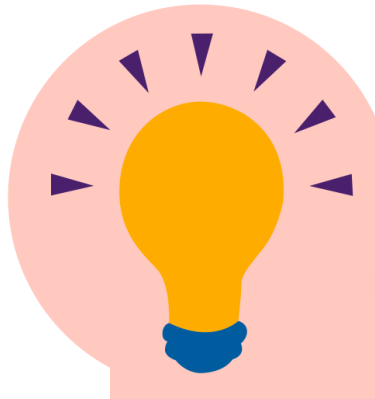
"This study/project is funded by the NIHR Research for Social Care (NIHR205704). The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care."

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EnCOP

Enhanced Care for Older People



Consolidating Learning:

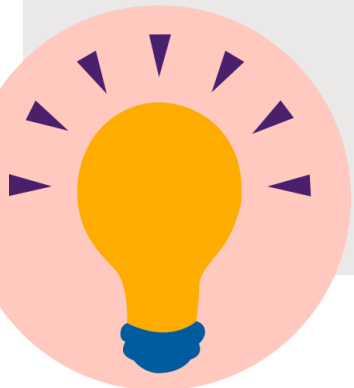
Reflection on the session & considering application to practice & what this means 'your people'

- Think about this session in relation to your own role
- How much of this was revision?
- What have you learned today?
- How will this help you in your role?
- Think about your EnCOP self-assessment; consider which performance indicators this session may relate to and how this can be used as part of your own development / competency achievement.



Reminder of linked EnCOP domains

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Year – 2025 Month	Session Title	Presenter(s)
November 2025	TBC	TBC
Tuesday 16th December 2025 1.30 – 3pm	Building Resilience Against Fraud – Recognising Fraud, Protecting from Fraud & Reporting Fraud	Andy Hampson Protect Officer (National Fraud Protect Network) North-East Regional Organised Crime Unit – Regional Economic Crime Coordination Centre
2026 Programme out soon		

Feedback about today's session and any future sessions you may like to see included in our webinar series....

All feedback welcomed; You may want to consider the following –

Was it easy to book onto the session?

Did you find the session went well in this online format ?

Was the content of the session relevant to your area of practice / job role?

Did you enjoy the session?

Thinking about future webinar's, which topics linked to older person's care would you be most interested in? Please put any suggestions in the chat.

Please comment in the chat today or feel free to email us: ghnt.encop@nhs.net



[More information can be found within the Frailty icare website](#)

www.frailtyicare.org

Our EnCOP pages are located in the workforce section

EnCOP Library of Learning & Development Resources can be found at:

[EnCOP Assessment Toolkit](#)
[Domains « I-Care](#)
 [\(frailtyicare.org.uk\)](http://frailtyicare.org.uk)

