



Vulnerable Adult Risk Management (VARM) Fact Sheet

What is VARM?

VARM is a multi-agency approach to manage risks that may arise for adults who can make decisions for themselves, but who are at risk of serious harm or death from:

- Self-Neglect
- Risk taking behaviour, chaotic lifestyles or
- Refusal of services.

Who can arrange a VARM risk assessment/meeting?

A VARM can be initiated by any agency including Derbyshire County Council (DCC) Adult Care, Police, Derbyshire Fire and Rescue Service, Housing, the NHS, Environmental Health, Probation, voluntary sector, faith groups or any other organisation working with the individual.

When should I call a VARM?

You may be worried about an Individual's safety or the way they are choosing to live. Before calling a VARM meeting you must consider the **four** criteria of which must be met for a VARM meeting to take place.

1. The person has the capacity to make decisions and choices regarding their life;
2. There is a risk of serious harm or death. This could be due to self-neglect, fire, deteriorating health, lack of engagement with services, being targeted by the local community, being the victim of hate crime or anti-social behaviour or and they do not meet the criteria for a safeguarding referral;
3. There is a public safety interest (for example, anti-social behaviour, environmental health issues)
4. There are high levels of concerns from partner agencies.

If I think all four criteria apply what should I do next?

Speak to the Adult Safeguarding Lead within your organisation to discuss and establish that all **four** criteria for a VARM meeting are met. You can then start the VARM process.

How do I get started?

Contact the VARM administrator via email DerbyshireSAB@derbyshire.gov.uk. The VARM administrator can advise you where to find all the document required for the process and will issue you with a case reference number. Information will be recorded about the VARM so that the DSAB is able to track progress and quality assure the process.

The VARM Policy and VARM Staff Guidance can be found on the DSAB website

<https://www.derbyshiresab.org.uk/professionals/vulnerable-adult-risk-management.aspx> which provides detailed information about the process and there is a flow chart that you may find useful. Remember, **any** agency can call a VARM but as the lead agency who has raised the concern you will be expected to chair the VARM meetings.

How do we involve the person in the VARM process?

It is useful to involve the person wherever possible and every effort should be made to engage them in the process. There is a leaflet called 'VARM-What to Expect' - <https://www.derbyshiresab.org.uk/professionals/vulnerable-adult-risk-management.aspx> which explains the VARM process and gives the person an opportunity to write down their wishes and feelings. This may be useful for people who do not want to attend but would like to contribute, or who have difficulty expressing their wishes and feelings. A carer or family member could help them fill in the leaflet. If they don't want to be involved you can still go ahead with the VARM.

Who should I invite to the meeting?

All agencies involved or who could be involved to support the person. It is important that professionals who attend the VARM meeting are able to make decisions on behalf of their organisation.

What happens during the VARM meeting?

Agencies share information about the person, evaluate concerns, outline each agencies responsibility and produce an action plan to manage the risks. The VARM meeting may identify the need to make other referrals about the person, other adults at risk or children. Whether or not the person is present, their views must be sought and considered. There is a meeting template to record the discussion and actions agreed, this should be completed with as much information as possible.

Do you have some examples of what has been discussed at VARM meetings?

Examples of issues that have been discussed (there are usually more than one of the issues listed below):

- Fire risk at home to self or neighbours
- Self-harm or suicide attempts
- Hoarding
- Self-Neglect
- Not taking medications or not accessing medical attention
- Risk to animals
- County Lines/Cuckooing
- Homelessness
- Drug/Alcohol misuse
- Risk taking due to poor Mental Health
- Exploitation
- Anti-social behaviour

Is there any practical support for people who hoard in the VARM process?

There is a small multi-agency funded budget called the VARM Hoarding Grant that can be applied for, to access practical support for **people who hoard** up to the value of £500 per household. There is staff guidance and an application form on the DSAB website.

How do we know what has been agreed at the VARM meeting?

It is important that accurate minutes are kept using the VARM meeting record template to identify the agreed actions. The minutes must be circulated within **10 working days** of the meeting to all attendees and a copy must be sent to the VARM administrator.

What happens after the meeting?

The actions agreed at the meeting should be completed within the agreed timescale. Where necessary, review meetings can be arranged.

When do I close the VARM?

The VARM process should be closed when actions have been completed. Remember, the purpose of the VARM process is to minimise the likelihood of death or serious harm. The VARM minutes should identify the process and action taken to manage the risks with an evaluation of the outcome.

Where can I find more information about VARM?

The DSAB has a dedicated website www.DerbyshireSAB.org.uk where all the VARM documentation can be found. For any email queries please contact: DerbyshireSAB@derbyshire.gov.uk