

Supporting practice around mental capacity



Mental capacity refers to a person's ability to understand the relevant information about a decision; retain that information long enough to use it; weigh the information to reach a choice; and communicate their decision in any way (e.g. speech, gestures, eye movements, facial expressions, patterns of behaviour, writing).

The [Mental Capacity Act 2005](#) requires practitioners to follow five key principles: Presumption of capacity; Provide all practicable support; Unwise decisions do not equal lack of capacity; Best interests; and Least restrictive option.

This selection of learning resources about mental capacity can be used to support evidence-informed practice with adults.



Tools

[Navigating complex mental capacity decisions in social care: Practice Guides and Tools \(2025\)](#)

A suite of seven specialist guides focusing on specific areas of mental capacity practice:

1. Alcohol or drug use
2. Community Treatment Orders
3. Domestic abuse
4. Informal admissions to hospital for mental health care
5. Restrictive and controlling interventions
6. Prader-Willi syndrome
7. Self-neglect

[Mental Capacity Act 2005 decision-making – care, support and treatment: Practice Tool \(2021\)](#)

[Good decision-making in adult social care: Learning Hub \(2025\)](#), e.g. [Basics of decision-making](#), exercise 4



Watch

20 mins: [The importance of legal literacy in adult social care: a legally literate decision-making model: Video Learning Resource \(2023\)](#)

30 mins: [The Liberty Protection Safeguards – where next?: Video Learning Resources \(2023\)](#)

60 mins: [Exploring Complexity: Mental Capacity Assessment: Recorded Webinar \(2021\)](#)



Read

[Mental capacity, intimate relationships and adult safeguarding: Frontline Briefing \(2022\)](#)

[Embedding human rights in assessment for care and support: Frontline Briefing \(2020\)](#)

[Supporting people with learning disabilities to have positive sexual relationships: Frontline Briefing \(2017\)](#)

[Supporting Parents with a learning disability – the role of adult services: Research Briefing \(2026\)](#)



Listen

15 mins: [Experts by Experience at The Bridge Collective: Audio Series \(2021\)](#)

35 mins: [Risks, rights, values and ethics: Podcast \(2018\)](#)



Reflect

Reflect on and record your CPD using the button on each resource page. Log and review your reflections in '[Your CPD](#)'.

You can also bookmark and share resources with colleagues.