

<u>Principle 1</u>	<u>Principle 2</u>	<u>Principle 3</u>	<u>Principle 4</u>	<u>Principle 5</u>
Benefit	Least restrictive option	Take account the wishes of the adult	Consultation with relevant others	Encouraging the adult
Any action or decisions taken must benefit the adult and only be taken when that benefit cannot reasonably be achieved without it.	Any action or decision taken should be the minimum necessary to achieve the purpose. It should be the option that restricts the person's freedom as little as possible.	In deciding if an action or decision is to be made, and what that should be, account shall be taken of the present and past wishes and feelings of the adult as far as they can be ascertained. The adult should be offered appropriate assistance to communicate his or her views.	In deciding if an action or decision is to be made, and what that should be, account shall be taken of the views of the nearest relative and the primary carer of the adult, the adult's named person, any guardian or attorney with powers relating to the proposed intervention, and any person whom the Sheriff has directed should be consulted, in so far as it is reasonable and practicable to do so.	Any guardian, attorney, or manager of an establishment exercising functions under this Act shall in so far as it is reasonable and practicable to do so, encourage the adult to exercise whatever skills he or she has concerning property, financial affairs or personal welfare as the case may be and to develop new such skills.
Example in Practice	Example in Practice	Example in Practice	Example in Practice	Example in Practice
Covert medication may be required when the risk of not receiving these is harmful.	The choice of pad and pants over a catheter in a patient with urinary incontinence where output does not need accurately measured.	If a patient has previously be known to have strong religious or moral views on a particular treatment these should continue to be respected even if they cannot now be communicated.	Discussing decisions with family or significant others can offer an insight into what treatment the patient would or would not have accepted.	Use of communication aids to communicate with the patient.

Adapted from: Adults with Incapacity Act (Scotland) 2000. Available at: <https://www.legislation.gov.uk/asp/2000/4/contents>