

# Regulated activity

## Adult

As with regulated activities involving children, activities carried out in the course of family and personal, non-commercial relationships are excluded from the definition of regulated activity. Statutory guidance on regulated activity (adults) is available from the [Department of Health \(DH\) website](#).

However, in contrast to the definitions regarding children, with regulated activity involving adults there are no special rules regarding places or frequency, if you undertake any of the below once, you are undertaking regulated activity. There are six specific categories of activity to consider with adults.

An adult is now only classed as vulnerable when they are receiving any of the following regulated activities. An activity will also be regulated if it involves the day to day management/supervision of a person performing an activity within any of the six categories below.

Activity	Description
<b>Healthcare provided by a healthcare professional</b>	<p>A person who provides healthcare under the direction/supervision of a healthcare professional will also be performing a regulated activity (with the exception of peer support groups, see below). A healthcare professional is someone regulated by one of the following:</p> <ul style="list-style-type: none"> <li>• General Medical Council</li> <li>• General Dental Council</li> <li>• General Optical Council</li> <li>• General Osteopathic Council</li> <li>• General Chiropractic Council</li> <li>• General Pharmacy Council</li> <li>• Pharmaceutical Society of Northern Ireland</li> <li>• Nursing and Midwifery Council</li> <li>• Health and Care Professions Council</li> </ul> <p>Healthcare does not include for example life-coaching, being a designated first-aider in a shop, being a member of a peer support group such as Alcoholics Anonymous or being a receptionist in a GP or dental practice.</p>
<b>Relevant Personal Care</b>	<ul style="list-style-type: none"> <li>• Anyone who provides an adult with physical assistance with eating, drinking, going to the toilet, washing/bathing, dressing, oral care or care of the skin/hair/nails because of the adults age, illness or disability is providing regulated activity.</li> <li>• Anyone who prompts and then supervises an adult who, because of their age, illness or disability cannot make the decision to do any of the above tasks.</li> <li>• Anyone who trains, instructs or provides advice or guidance which relates to any of the above tasks.</li> </ul> <p>Providing personal care does not include for example a beauty therapist who visits a day care centre and provides manicures for people who would like one rather than who need one due to age, illness or disability or a volunteer who prepares and serves a meal but doesn't feed/prompt/train/instruct someone to eat.</p>
<b>Social Work</b>	<p>A person providing social work in relation to adults who are clients, or potential clients, who are assessing or reviewing the persons need for health, education or social services and is providing ongoing support is engaged in regulated activity.</p>

Activity	Description
<b>Assistance with household matters</b>	<ul style="list-style-type: none"> <li>This will only be regulated activity is provided because of a person's age, illness or disability and involves managing that person's cash, paying that person's bills or shopping on their behalf.</li> <li>This would include collecting money and shopping for someone, but would not include only helping a person to write a shopping list.</li> </ul>
<b>Assistance in the conduct of an adults own affairs</b>	<p>If a person provides assistance in the conduct of an adults own affairs, for example, being appointed as an independent Mental Health Advocate, having lasting power of attorney under the Mental Capacity Act 2005 or received payments on behalf of that person under the Social Security Administration Act 1992, is engaging in regulated activity.</p>
<b>Transporting/Conveying</b>	<ul style="list-style-type: none"> <li>Any driver/assistant who transports an adult because of their age, illness or disability to or from places where they have received, or will be receiving, healthcare, personal care or social work, are in regulated activity.</li> <li>This includes hospital porters, patient transport service providers and assistants and ambulance technicians.</li> </ul> <p>An arrangement such as taking a friend to a hospital appointment would also not be within regulated activity.</p>