



Disclosure & Barring Service

Regulated activity – adults

The Protection of Freedoms Act 2012 amends the definition of regulated activity relating to adults from 10 September.

This is a summary of the key changes to regulated activity relating to adults.

For further information please see the [Department of Health website](#).

What has changed?

There are now only six types of activity which can be classed as regulated activity relating to adults

- healthcare for adults provided by, or under the direction or supervision of a regulated health care professional
- personal care for adults involving hand-on physical assistance with washing and dressing, eating, drinking and toileting; prompting and supervising an adult with any of these tasks because of their age, illness or disability; or teaching someone to do one of these tasks
- social work - provision by a social care worker of social work which is required in connection with any health services or social services
- assistance with an adult's cash, bills or shopping because of their age, illness or disability arranged via a third party
- assisting in the conduct of an adult's own affairs under a formal appointment
- conveying adults for reasons of age, illness or disability to, from, or between places, where they receive healthcare, personal care or social work arranged via a third party

Other changes include:

- the new definition no longer refers to the word “vulnerable” for regulated activity relating to adults
- the specified establishment (a care home) has been removed – the focus is on the activities needed by the adult, not where the activity takes place
- the frequency test has been removed – an individual only needs to engage in the activities listed below once to be carrying out regulated activity relating to adults

The definition focuses on those activities which, should they be needed by any adult, mean that an adult is considered vulnerable at the point of receiving them.

What is not changing?

- an adult is defined as a person aged 18 years or over
- a person whose role includes the day-to-day management or supervision of any person engaging in regulated activity, is also in regulated activity
- regulated activity relating to adults excludes any activity carried out in the course of family relationships, and personal, non-commercial relationships

The definition of regulated activity relating to adults is detailed in [Part V of the Protection of Freedoms Act 2012](#)