

Safety Information for Behaviour that Challenges

The following information will provide you with ideas and guidance to help you to care safely for your child/young person with behaviours that challenge.

Most of these items or alterations are not specialist equipment or adaptations and therefore cannot be provided by the Children's Occupational Therapy service. We recognise some items are available from mainstream providers and as such we'd encourage parent/carers to seek and try equipment available from retailers and least restrictive solutions before referring to our service. We'll accept referrals once reasonable steps have been made to reduce risks.

Please also seek advice from school/other services about positive behavioural strategies to help reduce risks. We generally like to see that behavioural and sensory strategies have been tried, before we introduce environmental or restrictive equipment / adaptations as this also supports the child/young person's development as they get older.

Benefits such as Disability Living Allowance (DLA) are available to meet the additional costs of a person with a disability, and charitable funding may be available in cases of financial hardship. Please consider using these benefits to improve safety in your home for your child/young person.

In some situations, there is no straight forward solution, and you may feel that a specialist assessment is required to help you explore options. If this is the case, you can contact the Children's Occupational Therapy Team 0345 678 9021

Please be aware that any practice which could be construed as potentially restricting a child/young person's rights of choice, self-determination, privacy and freedom of movement may be deemed a 'restriction of liberty,' and services are obliged to risk assess such practices.

Door Safety

This leaflet provides advice on how you can help keep your child/young person safer around doors. Because children/young people with little awareness of danger may abscond from home or access rooms where they could be in danger, for example the kitchen and bathroom.

General considerations:

- As a child/young person grows taller or learns to open locks, solutions may have to be adapted.
- Before fitting any extra locks, fire safety should be taken into consideration. The Fire Service is able to advise.
- If doors are locked with keys it is important that the keys can be found quickly in the event of an emergency.
- If a child/young person is being restricted from accessing or leaving shared living space or their bedroom this may be considered a 'restriction of liberty' and requires a multi-disciplinary risk assessment to identify if there are any less restrictive solutions which can keep all the family safe within the home.
- Visual panels should be considered carefully taking into consideration a young person's right to privacy.
- Identify the reason for accessing certain rooms
- Some locks are safer than others eg keypad locks can be used by other people rather than key locks

Examples of possible solutions:

- Redirect and distract
- Keeping child/young person out of high-risk rooms rather than keeping them in their bedroom
- Before considering locking doors and/or restricting access, please consider all other strategies/solutions first.
- Sensors or alarms can be fitted to doors to alert you when your child/young person has entered an area or opened a door.
- Stable doors with cabin hook/slide bolt (top and bottom half open separately) or stairgate to enable the child/young person and parent to see each other in adjoining rooms while keeping the child/young person safe.
- Slide bolts, door chains and internal and external door locks.
- Key safe or key cabinet to ensure that keys can be located quickly in the event of an emergency.



- Keypad door locks. These ensure that only people with the security code can open the door and prevents your child/young person from leaving the house. **These should be used only for preventing access to a high-risk areas rather than preventing access out, or via an emergency exit route.**
- Doors with a visual panel or spy holes enable you to see the child/young person without disturbing them. The spy hole should have 180° viewing range.

Examples of suppliers

(these are not recommendations and other suppliers can be found)

Door wedges, slide bolts, door chains, internal and external door locks:

- DIY outlets, for example Homebase, B&Q.

Door/Window restrictors:

- Jackloc – window restrictor
- Door monkey- unique design automatically locks interior doors in a slightly cracked position. Helps protect against pinch injuries
- Door ajar clip from Fledglings

Key safe or key cabinet:

- The Safe Shop
- NRS healthcare – key safe,

Sensors or Alarms:

- Maplin - Wide Range of Electronics Products
- Frequency Precision: Sensors and pressure mats to monitor those in care
- Ridley Electronics UK: use of remote technology is key in empowering you at home, at work or anywhere you may visit.

Pressure Mat and Pager Systems:

- EasyLink UK: Assistive care technologies
- Frequency Precision: Sensors and pressure mats to monitor those in care

For keypad door locks, doors with a visual panel or spy hole, or for stable doors:

try most DIY stores or a carpenter (for stable doors)



Window Safety

This leaflet provides advice on how you can help keep your child/young person safe around windows.

Children/young people with little awareness of danger may require measures to be taken to prevent them from breaking glass or jumping or falling from windows.

General Considerations:

- Children/young people with challenging behaviour need close supervision at all times.
- It is advisable to keep the area below windows clear of furniture to prevent your child/young person from climbing.
- Windows may need to be kept locked while your child/young person is in the room. When your child/young person is out of the room the windows can be opened for air circulation.
- Councils and Housing Associations may not agree to provision of window restrictor catches as they may prevent evacuation in the event of a fire.
- Before fitting any extra locks, fire safety should be taken into consideration. The Fire Service is able to provide advice.

Examples of Possible Solutions:

Glass:

- Glass safety film fitted on windows or internal doors/windows.

Restrictors/locks

- Consider using restrictor devices on windows that open externally. Also consider whether the window can be locked although being aware of fire precautions.

Sensors

- If it is not possible to lock windows, an alarm can be fitted to alert you if your child/young person opens the window.

Curtain rails

- For children/young people with challenging behaviour who have a tendency to pull on curtain rails, curtains can be held up with Velcro attachments.
- Alternative curtain rails are available that are expandable and with anti-ligature fixings.
- If it is not possible to keep curtains in place, plastic opaque window covering to give privacy whilst letting in light



Examples of Suppliers

(these are not recommendations and other suppliers can be found)

Glass safety film:

- Amazon, or most DIY stores for example B&Q, Wickes, screwfix

Interior window protection frame:

- Tough Furniture: strong furniture for challenging care environments.

Restrictors

- Clippasafe: Home Safety Products, Harness and Reins Sets, our Carramio Baby Carrier and Window lock
- Jackloc: window restrictor

Curtains/ Curtain rails

- Colourways: is a one-stop shop for specialised interiors, providing furniture, household equipment and soft furnishings for residential homes



Stairs Safety and Safety Gates

This leaflet provides advice on how you can help keep your child/young person safe. Children/young people with awareness of danger may need a safety gate to reduce the risk of injury in the kitchen or on the stairs. Please be aware that services are obliged to risk assess practices which could be construed as 'restrictive' to ensure that the least restrictive options are considered first.

General considerations:

- **Your child/young person may still require a high level of supervision on the stairs and when in the kitchen, despite safety measures being in place.**
- A safety gate should only be fitted if there is no danger of the child/young person attempting to climb over it.
- Standard child safety are generally only recommended for children/young people under two years of age.
- Gates can introduce a risk.

Examples of possible solutions:

- Half door fitted at the bottom of the staircase, with a bolt fitted where your child/young person cannot access it.
- When a safety gate or half door is not appropriate, a stable door (top and bottom half open separately) may be fitted on the kitchen or bedroom doorway. This allows you to supervise your child/young person while keeping them safe from danger.
- A visual panel or spy hole in a door allows you to check on your child/young person without disturbing them. The spy hole should have 180° viewing range and can be purchased at most DIY stores.
- If your child/young person with challenging behaviour climbs they may be in danger of falling from a landing. Balustrades may need to be built up to prevent this.



Examples of Suppliers

(these are not recommendations and other suppliers can be found)

Stair gates:

- Argos, Amazon, babydan

Half door:

- a full height door cut down to a suitable size: builder or contractor.

Stable door:

- most DIY stores.

Door with a visual panel or spy hole

- most DIY stores



Bedroom Safety

This leaflet provides advice on how you can help keep your child/young person safer in their bedroom. Children/young people with behaviour that challenges may need supervision 24 hours a day, including when sleeping or playing in their bedrooms. Children/young people may be inclined to wander at night while parents are sleeping, which could be unsafe. Furniture and toys may also need to be more durable.

General considerations:

- Sleep strategies and techniques can be recommended by your health visitor, school nurse or other healthcare professional. It takes time and perseverance to implement effective routines however the benefits are significant. Melatonin is prescribed to be used in conjunction with sleep routines in certain situations.
- If a child/young person wanders at night, it is recommended in the first instance to make the child/young person's bedroom as safe as possible and implement sleep strategies. Following a risk assessment a stair gate or sensor alarm can be fitted to the doorway to alert parent/carer if the child/young person leaves the room. High sided beds would be considered as the last resort and require a full multi-disciplinary risk assessment due to their restrictive nature.
- If there are difficulties with your child/young person jumping on the bed or being at risk of injuring themselves on furniture, try a mattress on the floor with limited furniture in the bedroom.
- Limit the sensory stimulation in the room so that your child/young person is prompted to sleep at night time. For example, do not allow screens in the bedroom and limit stimulating toys and electronic equipment in the room, and use safety black out blinds to reduce light disturbance.
- If possible, consider arranging bedrooms so that your child/young person can have their own bedroom to minimise disruption to any siblings.
- Where there are incontinence issues advice can be sought from your health visitor or school nurse.

Examples of possible solutions:

- Mattress on the floor.
- Tough mattresses and heavy-duty reinforced bed frames are available. Some beds can be fixed to the floor to secure them down.
- A range of water-resistant washable products are available, including mattresses, duvets, pillows, mattress covers, sleeping bag liners, absorbent bed pads and breathable bedding protection. These can usually withstand high washing temperatures.



- Audio and visual monitors can be considered providing attention is also paid to a young person's right to privacy as well as their safety.
- Consider what other furniture is in the bedroom and if some items need to be removed.

Examples of Suppliers

(these are not recommendations and other suppliers can be found)

Beds, Surrounds and Mattresses:

- Tough Furniture – strong furniture for challenging care environments.
- Welltex - The robust WELL-TUFF® range is specifically designed extra strong furniture
- Pineapple – heavy duty furniture
- Kinderkey Healthcare – specialist beds

Gym mats:

- A range are available through companies such as Amazon

Incontinence:

- ERIC (Education and Resources for Improving Childhood Incontinence)
- Bowel and Bladder UK:
- Fledglings: non-profit shop that helps families with disabled children/young people by supplying products and equipment that help with everyday challenges.
- Brolley sheets - waterproof bed sheets
- Please also seek advice from the nursing services, for example Health Visitor or School Nurse.

Please seek further advice from Shropshire Community Health Trust OTs if you are considering weighted blankets to support sleep – they are generally not recommended due to risks of suffocation or overheating, and should not be left on a child overnight or without supervision.

www.shropscommunityhealth.nhs.uk/chot-senses



Furniture and General House Safety

This leaflet provides advice on how you can help keep your child/young person safe around furniture and house fittings. Children/young people with behaviour that challenge may need more durable, heavy furniture. Your child/young person may tend to mouth furniture, throw and damage items and may be at risk of hurting themselves and others. Your child/young person may also be inclined to climb on furniture.

General considerations:

- Consider minimal furniture in the child/young person's bedroom to reduce risk to your child/young person and damage to your furniture.
- Use of corner protectors can reduce the risk of injury to your child/young person on sharp corners of furniture.
- Consider the layout of your furniture to reduce your child/young person's access to high areas, windows, etc.
- Consider the type of flooring for ease of cleaning, sound reduction, and injury reduction.

Example of possible solutions:

Curtains and blinds:

- If curtain rails are pulled down, curtains with Velcro tab top are available which can easily be refitted without damage to the curtain rail.
- Magnetic curtain rails pull apart under pressure and can be easily re-attached.
- When considering blinds thought must be given to the pull cord and its suitability with children/young people. Anti-ligature fixtures help to reduce this risk.

Chairs and Tables:

- Waterproof chairs with removable covers are available.
- Durable and heavy tables and chairs can reduce the risk to your child/young person, and damage to your furniture if your child/young person tends to throw light furniture.

Wardrobes and Cupboards:

- High shelving might be a preferable option.
- Furniture which is fixed to the wall or floor is more secure.



- Lockable drawers can prevent your child/young person from removing the drawers to use as a climbing frame or damaging the contents of drawers.
- Durable and heavy bedroom furniture can reduce the risk to your child/young person, and damage to your furniture if you child/young person tends to throw light furniture.

TV and Computer Cabinets:

- TVs can be wall-mounted out of reach of your child/young person.
- Polycarbonate screen covers.
- Solid lockable cabinets with unbreakable front panels to hold your TV, video and DVD units are available. The unit keeps the buttons, wires and electrics safely away from inquisitive children/young people.
- Secure lockable computer workstation with polycarbonate protection screen are available.

Wooden surfaces and flooring:

- If your child/young person bites wooden surfaces such as windowsills and furniture, strong plastic edging strips from a DIY store can protect the wooden surfaces.
- Vinyl flooring is easier to clean and maintain than carpeted flooring.
- Stain guard/scotch guard carpet can be considered as an alternative to vinyl if sound reduction is a consideration.

Walls and Mirrors:

- Painted walls are easy to clean and eliminate the potential for your child/young person to strip and shred wallpaper.
- Washable paints with a protective washable finish are recommended.
- Posters, pictures and photos can be covered by a protective sheet of polycarbonate which should not crack or shatter.



- Polycarbonate picture frames are available.
- Polycarbonate/safety mirrors are safer for children/young people who tend to break mirrors.

Example of Suppliers

(these are not recommendations and other suppliers can be found)

- **Colourways** - is a one-stop shop for specialised interiors, providing furniture, household equipment and soft furnishings for residential homes
- **Safe hinge Primera** – our products are best suited to challenging environments, like Education and Mental Health e.g anti ligature fixings, restrictors and finger guards
- **Tough Furniture** - products purposely designed and built in the UK to meet the needs of mental health and autistic service users.
- **Fledglings** - non-profit shop that helps families with disabled children/young people by supplying products and equipment that help with everyday challenges.
- **Gradus** – wall protection
- **Welltex** - The robust WELL-TUFF® range is specifically designed extra strong furniture
- **Pineapple** – heavy duty furniture.



Kitchen Safety

This leaflet provides advice on how you can help keep your child/young person safe in the kitchen. Children/young people with little awareness of danger may need ongoing protection from harmful substances and hazardous items. You may wish to alter cupboard and door locks and handles of doors and cupboards in the kitchen for your child/young person's safety.

General considerations:

- Lock away easily accessible items in the kitchen, for example knives, medicines, or dangerous liquids, food items.
- Store dangerous items out of reach of children/young people.
- Electric cookers are safer than gas cookers.
- A stair gate for a toddler or stable door for an older child/young person as an alternative to a kitchen door, may be a good option.
- Consider high handles on cupboard doors so that your child/young person cannot open the door independently or fit a loop and catch at the top of the cupboard door.
- A gas key can be used to cut off the gas supply when not in use.
- You should consider fire safety and escape routes when changing doors or fitting any locks.

Examples of possible solutions

Locks:

- Consider child/young person proof locks for cupboards and drawers. They are secure and difficult for the child/young person to open.
- Appliance locks prevent children/young people from opening appliances such as the fridge, microwave and oven.

Cooker top guards

- This will prevent children/young people from accessing the cooker hobs. This will only work for smaller children/young people.



Examples of Suppliers

(these are not recommendations and other suppliers can be found)

- **Fledglings** – non-profit shop that helps families with disabled children/young people by supplying products and equipment that help with everyday challenges.
- **Safe Tots** – very best brands in baby and child safety products, whilst offering expert advice and information
- **Plug Socket Lock** – Widely available online
- **Baby Security** - top quality baby products from highly reviewed brands of monitors, stair gates, car seats, cots, feeding and sleeping equipment, prams and pushchairs.
- **Oven guard** – OvenGuard switches off automatically a cookers oven, hob and grill



Electrical Safety

This leaflet provides advice on how you can help keep your child/young person safe from electricity. Children/young people with behaviour that challenges may have a reduced sense of awareness of danger. If electric appliances or electrical sockets are tampered with there is a great risk to your child/young person's safety.

General considerations:

- When employing a tradesman for electrical works, it is advisable to use a qualified electrician who is registered with NICEIC, which maintains a register of qualified, competent electricians. Contact via www.niceic.com or 0870 013 0382.

Examples of possible solutions:

Lighting:

- Dome-type ceiling light covers instead of pendant lights are safer.
- Light switches can be located outside the room, if necessary.

Electric sockets:

- Plug sockets can be recessed into the wall by a certified electrician.
- Plastic covers that fit over the entire electrical fittings of a light switch or socket are available. It is then impossible to switch on the light or the electrical appliance without opening the cover.
- Stainless steel electrical sockets with lockable fronts are available from most electrical suppliers.

Electrical Products:

- TV screen protectors can protect your TV from sticky fingers, crayons and damage from items being thrown at it.
- A cable tidy is a protective sheath that is designed to encase wires and cables. This prevents children/young people from being able to chew or pull on wires.
- DVD and Digibox protectors (e.g. Clippasafe DVD and DigiBox Protector) are covers that help to restrict your child/young person from gaining access to your electronic equipment.
- Strong, lockable TV cabinets with unbreakable front panels can house your TV, DVD, and other units to keep the buttons, wires and electrics safely away from inquisitive children/young people. Some can also be wall mounted.



Examples of Suppliers

(these are not recommendations and other suppliers can be found)

- **Safetots:** Baby and child safety products, also offering expert advice and information
- **Maplin** - Wide Range of Electronics Products
- **Fledglings** non-profit shop that helps families with disabled children/young people by supplying products and equipment that help with everyday challenges.
- **Plug Socket Lock:** Widely available online
- **Mumsnet:** information and advice as well as reviews.



Gas, Radiators and Exposed Pipes Safety

This leaflet provides advice on how you can help keep your child/young person safe around gas, radiators and exposed pipes. Children/young people with reduced awareness of danger may be at risk of burns or injuries from sharp corners. The family may be exposed to noise when radiators and pipes are hit. If pipes are banged continuously over a period of time the joints can become loose and hot water may start to leak. Gas switches need to be secure from children/young people who may turn on the gas, putting the family at risk.

General considerations:

- When employing a tradesman for gas works, it is advisable to use a qualified gas fitter who is registered on the Gas Safe Register. www.gassaferegister.co.uk
0800 408 5500
- Consider limiting access to areas where exposed pipes are accessible.
- Consider reducing the temperature of the radiators when rooms are being accessed.
- With alternative heating systems consider guards or covers

Examples of possible solutions:

Radiators:

- Rearrange furniture to reduce access to the radiator.
- Radiator covers and guards can be purchased.
- Low surface temperature radiators are available to replace standard radiators.

Water Pipes and Cisterns:

- Water pipes can be boxed in by a reliable carpenter or plumber.
- Toilet cisterns can be concealed to prevent your child/young person from opening and accessing the cistern water. This can help to hide the toilet pipes.

Gas:

- Consider a gas isolation switches to enable you to switch off the gas with a key. This stops the flow of gas through to the appliance, for example the cooker or fire when not in use. Ensure that the gas switches are installed out of reach of your child/young person or locked away. Your gas supplier may be able to fit a gas safety shut off valve.

Fire Guards:

- Fire guards can be fitted wherever there is an open fire. Fireplace guards are simple to fit and come in a variety of sizes to fit most fireplaces.



Smoke and carbon monoxide alarms:

- These provide vital early warning and extra time to escape in the event of a fire or gas leaking. Ensure that the alarms and batteries are in working order on a regular basis.

Examples of suppliers

(these are not recommendations and other suppliers can be found)

General Child Safety:

- Safetots - Baby and child safety products, also offering expert advice and information

Plumbing Stores:

- Stores such as Argos, Homebase, Wickes, B&Q.
- Screwfix

Gas:

- Contact your gas supplier to discuss safety shut off valve and other safety features they may be able to recommend.

Radiator Covers:

- Coverad
- Jtech Services
- Guardsman Products
- Contour casings

Low Surface Temperature Radiators:

- Local plumber
- Most DIY stores

Shropshire Fire and Rescue Service: offers free home safety visits. You can contact them to request fire safety advice or a home visit. They may fit free smoke and carbon monoxide alarms. To arrange your free safe and well visit please call 01743 260260.

www.shropshirefire.gov.uk



Bathroom and Water Safety

This leaflet provides advice on how you can help keep your child/young person safe around water. A child/young person with behaviour that challenges may really enjoy water but may use water inappropriately in the home, causing flooding and damage to the property. See below for ideas to minimise this risk.

General considerations:

- Ensure that your child/young person has adequate access to drinking water throughout the day, for example in the form of bottled water.
- Make sure that you do not stop your child/young person from getting to the toilet when necessary.

Examples of possible solutions:

Taps

- Inflatable tap covers.
- Automatic sensor operated taps.
- Push down automatic taps

Water control

- Consider a device to control your water supply whether directly at the sink/taps or within the system.

Temperature

- Consider reviewing the temperature of bathroom water to prevent it scalding or impacting on sensory issues.

Toilets

- Toilet cistern boxed in behind a wall.
- Consider the need for a safety clip on the toilet lid to prevent unwarranted access to the toilet bowl.

Bathroom furniture

- Consider all family members before restricting access to the bathroom if necessary.
- Where towel and shower curtain rails are pulled off the wall consider widely available expanding rails and if necessary anti ligature fixings.
- Polycarbonate/safety mirrors are available where there is a risk of your child/young person breaking mirrors.



Examples of suppliers

(these are not recommendations and other suppliers can be found)

Water flow

- Surestop – Stops water supply to prevent property damage
- Nova flo – water cut off at the taps
- Magiplug: Nottingham Rehab Supplies (NRS)

Magnetic rails and mirrors:

- Safe hinge Primera – our products are best suited to challenging environments, like Education and Mental Health e.g anti ligature fixings, restrictors and finger guards
- Colourways: is a one-stop shop for specialised interiors, providing furniture, household equipment and soft furnishings for residential homes.
- Tough Furniture: strong furniture for challenging care environments.

Flooring:

- Altro Flooring: Altro is an international manufacturer of high quality flooring and wall cladding solutions. From hospitality to healthcare, wet rooms to commercial kitchens

Safety information:

- Fledglings: non-profit shop that helps families with disabled children/young people by supplying products and equipment that help with everyday challenges.



Sensors and GPS tracking

This leaflet provides advice on how you can help keep your child/young person safe in your care. If there is a risk that your child/young person will leave your care due to a reduced awareness of danger, you may need to consider sensors. These can alert you that your child/young person has gone somewhere where he or she is not safely supervised. Tracking devices may also be helpful.

General considerations:

- Sensors and tracking devices do not replace the need for appropriate parental supervision.
- The alarm systems need to be checked regularly to ensure that they are operating effectively.
- Batteries need to be replaced on a regular basis.
- Ensure that the pagers & sensors are placed out of reach of your child/young person.

Examples of possible solutions:

- Sensors can be in the form of door opening sensors, window opening sensors, pressure mats to monitor access to doors. The sensor sets off an alarm or alerts a pager system when triggered.
- A tracking device or personal locator is attached to your child/young person and the pager alert remains with the parent or carer. Consideration should be given to when this is appropriate to use for example in the community, not in the garden.

Examples of suppliers

(these are not recommendations and other suppliers can be found)

Sensors:

- Frequency Precision: Sensors and pressure mats to monitor those in care
- Tunstall Group Ltd. telehealthcare products.
- Sensorium: use assistive technology, call systems and bed management system with integration in highly innovative ways.
- Easylink UK: Assistive care technologies



Trackers and personal locators:

- Buddi: bracelet style GPS tracker
- Angel Sense: GPS tracker

Trackers should only be used as the least restrictive method to enable independence. Consideration needs to be given to the child/young person's right to privacy.



Garden Safety

This leaflet provides advice on how you can help keep your child/young person safe in the garden. If children/young people have a reduced awareness of danger, they may be at risk of absconding from home garden areas. Your child/young person may need additional or altered fencing and secure gates to enable them to play safely in your garden. The garden can be a useful outlet for extra energy. **We are unable to assist you with repairs or replacement of damaged fencing.**

General considerations:

- **Your child/young person may still require a high level of supervision in the garden despite suitable safety measures being in place.**
- Trampolines (with enclosures) and punch bags can be a useful outlet for extra energy.
- Consider your child/young person's sensory needs when selecting suitable activities when in the garden.
- Suitable door locks to external doors in order to ensure that your child/young person is only in the garden when closely supervised.
- Consider maintaining security of your property when making any alterations.
- Consider any potential drop the other side of a fence

Examples of possible solutions:

Fencing:

- Consider having large plants along the fence to deter your child/young person from climbing the fence.
- Fencing that generally helps to prevent children/young people from leaving a garden needs to be around 2 meters or 6 feet high with the arris rails on the outside. Please note that planning permission may be required for rear garden fencing higher than 2 meters or 6 feet. There are also limitations on the height allowed for front garden fencing.
- Be aware that trellises on top of fencing may increase the height of the fence but are often not very secure and could fall should your child/young person try to climb over it.
- Large wooden boards could be fixed to the inside of the fencing to cover up arris rails (horizontal fencing support rails) to reduce climbing risks.



- Sensors or alarm systems on external door openings may be useful. A pager could be used to alert you to your child/young person attempting to open an external door.

Garden Gates:

- Spring loaded gates may help ensure that the gate is not left open.
- You may be able to secure a large wooden board across the gate to cover arris rails (horizontal support rails) where your child/young person may be using them to climb over the gate.
- Where there is a risk your child/young person will leave through the garden gate, ensure that the gate has a lockable form of security that your child/young person cannot access. A sliding bolt with a padlock could be used.

Manhole Covers:

- Where your child/young person is lifting the manhole cover, put a large pot plant on top of the cover to deter them.
- Weighted and lockable manhole covers are commercially available from builders' merchants.

Safer surfacing:

- Alternative surfaces can be Astroturf or artificial grass these are widely available. Maintenance and repair cost will need to be factored in. Astroturf can become very hot underfoot which must be considered.
- Readily available interlocking rubber tiles can be used on hard surface to prevent injury from falls.

Examples of Suppliers

(these are not recommendations and other suppliers can be found)

- Contractors for carpentry works, such as fencing.
- Building merchants for lockable manhole covers.



Sensors and Alerts:

- Frequency Precision: Sensors and pressure mats to monitor those in care
- Tunstall Group: Tunstall has been developing pioneering telehealthcare products for over fifty years.
- Sensorium: use assistive technology, call systems and bed management system with integration in highly innovative ways.
- EasyLink UK: Assistive care technologies



Outdoor Safety

This leaflet provides advice on how you can help keep your child/young person safe outside. Children/young people with little awareness of danger may need a form of safety restraint to protect them when outdoors.

General considerations:

- Children/young people with behaviour that challenges should be closely supervised at all times when outdoors.

Examples of possible solutions:

- Walking reins or wrist strap.
- Reins may not be sufficient for some children/young people who could be safer using a buggy or wheelchair. The local wheelchair service may be able to assist and can assess for the child/young person's specific requirements.
- GPS tracking

Examples of suppliers

(these are not recommendations and other suppliers can be found)

- **Crelling Harnesses** – walking reins and straps.
- **Fledglings**: non-profit shop that helps families with disabled children/young people by supplying products and equipment that help with everyday challenges.
- **Shropshire Wheelchair and Posture Service** for buggies and wheelchairs. To access this service a referral is required from a health professional.



Low Arousal Environments:

For some children/young people sensory needs may also be contributing to certain behaviours. For more information about sensory needs follow this link:

www.shropscommunityhealth.nhs.uk/chot-senses

As an initial start it is good to consider the environment for its safety, but also for the arousal level. For some children/young people with challenging behaviour offering a low arousal environment can help to regulate their level of stimulation and offer an opportunity to calm down.

Low arousal means that there isn't too much sensory stimulation.

Suggestion to try:

- Plan your child/young person's routine and make sure that where they go next is clear of clutter.
- Try to keep the rooms that your child/young person uses most tidy and uncluttered. Large plastic stacking boxes are handy for putting toys away quickly. Many children/young people are calmer if they are only focusing on one activity at a time.
- Consider the use of visual supports to help your child/young person understand routines and to help your child/young person remember what they are expected to do in different places.
- Consider décor, gentle pastel colours can be calming.
- Consider lighting, fluorescent lighting can be very harsh.
- Have only one noise at a time (e.g. turn TV off/volume down when people are talking) and have some quiet times.
- Choose fabrics that your child/young person likes the feel of.
- Try to arrange some "chill out spaces" where your child/young person can take themselves for time out. This could be their bedroom, a small tent or a corner of a room. Comfy furnishings such as a bean bag, large cushions and blankets can make this a cosy space.



Need help financing equipment?

- When buying equipment and safety adaptations for a disabled child or adult, the purchase is exempt from VAT. Most suppliers should have a VAT exemption form; however a template is available from the HMRC website (www.hmrc.gov.uk).
- If the item is not eligible for statutory funding, then you may be able to get some help towards it from a charity or trust fund or make use of a loan scheme. A number of charities that give grants, such as the [Family Fund](https://www.familyfund.org.uk/).
<https://www.familyfund.org.uk/>
- Wider lists are available from [Contact a Family](https://contact.org.uk/) <https://contact.org.uk/>
- For help finding a grant [Turn 2 Us](https://www.turn2us.org.uk/) have a database of trusts and funds, such as trusts related to the profession of a parent or the religion of the families.
<https://www.turn2us.org.uk/>
- Loan scheme for equipment and communication aids is available from [Newlife Foundation for Disabled Children](https://newlifecharity.co.uk/) they can provide grants for essential equipment and communication aids. They also offer a priority loan service for terminally ill children and access to a Newlife Nurse Helpline via telephone or using the online chat system. <https://newlifecharity.co.uk/>



Useful resources and services:

- **National Autistic Society (NAS)** There is also an Autism helpline that provides confidential expert advice and support on autism and for autistic people, their families and friends. Contact: Autism helpline: 0808 800 4104, www.autism.org.uk.
- **The Challenging Behaviour Foundation** – are a charity for people with severe learning disabilities who display challenging behaviour. They make a difference to the lives of children and adults across the UK by:
 - Providing information about challenging behaviour
 - Organising peer support for family, carers and professionals
 - Giving information and support by phone or email
 - Running workshops which reduce challenging behaviour
 - To access their information and support, call 01634 838739, email info@theCBF.org.uk, or visit their website: www.challengingbehaviour.org.uk
- **Shropshire Council SEND Local Offer** - The SEND local offer is a single place for information, services, and resources for children and young people aged 0-25 with special educational needs and / or disabilities, their families, and the practitioners who support them. It's been designed with a family's needs at the heart of the process. We have a video, an easy read document and promotional materials to explain the local offer. Visit the website: www.shropshire.gov.uk/the-send-local-offer
- **All In** – Shropshire Council's activity programme for children whose disability prevents them from accessing universal services and activities without support. All in provides a range of opportunities including youth clubs, holiday clubs, horse riding, forest school, football, drama and also a log cabin for overnight stays. To register for All In, visit the website: www.shropshire.gov.uk/the-send-local-offer/social-care/childrens-social-care/short-breaks-for-disabled-children/all-in-programme/
- **Parenting Team** - In Shropshire, we recognise how important the role of parents and carers is, and how difficult that role can be without the knowledge of appropriate strategies that can be used to deal with everyday parenting challenges. The Parenting Team offers a variety of services to parent carers with children with SEND.
Visit the website: www.shropshire.gov.uk/the-send-local-offer/early-help/the-parenting-team
Telephone: 01743 250950 or email: parenting.team@shropshire.gov.uk



- **BeeU** (formerly CAMHS) - BeeU is Shropshire, Telford & Wrekin's Children and Families Emotional Health and Wellbeing Service. The service is a partnership between providers that ensure that children, young people and their families get timely and appropriate support for emotional health and wellbeing support. Visit the website: <https://www.shropshire.gov.uk/early-help/practitioners/the-early-help-offer-provision-of-early-help-services/bee-u-children-s-mental-health-and-wellbeing/>
- **Autism West Midlands** – A leading charity in the West Midlands for people on the autism spectrum. We use our expertise to enrich the lives of autistic people and those who love and care for them. Our passionate, expert staff and volunteers work across all age groups and abilities, providing direct support. Visit the website: <https://autismwestmidlands.org.uk/>
Helpline: 0121 450 7575
- **Fledglings** are a charity that aims to help parents and carers to find the equipment that they need for their child with a disability. www.fledglings.org.uk
0845 458 1124
- **Disabled Living Foundation's** website www.livingmadeeasy.com provides an impartial, comprehensive database of daily living equipment that is available to purchase.
- **Regional Driving Assessment Centres (RDAC)** provide assessments for specialist car seats and harnesses. A referral to RDAC can be made via their website: www.rdac.co.uk/services/car-seat-assessment/

Useful Contacts:

Shropshire Council First point of contact (FPOC) - COMPASS and Initial Contact Team – 0345 678 9021

Emergency Social Work Team (out of hours) – 0345 678 9040

Occupational Therapy referrals – 0345 678 9021

Shropshire Family Information Service – 01743 254400

Shropshire Housing Options – 0345 678 9005

Citizens Advice - www.citizensadvice.org.uk

Domestic Abuse Helpline 24 hour – 0808 2000 247

NSPCC – 0808 800 5000



Family Lives – Parent Helpline – 0808 800 2222, www.familylives.org.uk

Shropshire Choices – www.shropshirechoices.org.uk/home

Your questions and comments:

You can feedback any complaints, comments or compliments via the Shropshire Council Website: www.shropshire.gov.uk/feedback/

Data Protection:

Shropshire Council is fully committed to complying with Data Protection Act 2018 legislation, including the UK General Data Protection Regulation (GDPR), which regulates how personal information is processed. This Privacy Notice explains how we collect, use and personal data and tells you about your rights.

Additional privacy notices are available for services where they are required to process your information in a specific way. You can contact the Council's Data Protection Officer if you have any questions about our privacy policy or information we hold about you, or if you have a complaint about privacy or misuse of personal data.

Contact details are:

Email: information.request@shropshire.gov.uk

Telephone: 01743 252179

For additional information visit the website: <https://www.shropshire.gov.uk/privacy/your-privacy/>

