Short Term Assessment Unit – Summary of discussions.

Co-Production Meetings on 13th and 20th October 2022.

Introduction

We shared an invitation to become part of the Coproduction Group for the Short Term Assessment Unit. The decisions we can make and those we can't were agreed. When we have no control, it is because of other considerations such as building regulations, CQC requirements or health and safety. So, we met and discussed the areas we can have influence on. This is what was said.

Discussion on the 13th October about Sensory Room and Gardens.

Sensory Room

- Waterbed.
- Controls easy to use / training.
- Spinning.
- Rocking.
- Furniture.
- Light various effects change settings.
- Change Settings in room.
- <u>Tovertafel.</u>
- Choose music.
- White noise.
- Realistic toy pets.
- Visual Stimulus.
- Tactile.
- Sounds Dolls.
- Heat control.
- Aquarium.
- Ability to change settings according to hypersensitive or hyposensitive sensory profiles. This will affect settings of lights, heat, sounds, visual effects & anything tactile eg. Ability to choose music genre & sound levels. Maybe choose the sound of water running etc.
- Hard and soft furniture. Furniture with different touch profiles smooth, furry etc
- Blue light & varying light effects some people will want 'disco' type lights, some will want light that 'bathes' them gently.



- We have also seen ceiling light panels which make parts of the ceiling look like windows & sky; or wall panels that look like windows even with moving scenery if wanted. These are very interesting especially the ceiling ones.
- The company we have researched is <u>Rempods</u>. Their focus is dementia settings, but we think these would be equally good for a sensory room. Please could you take the time to look at their products.
- People using the room will have different needs and mental ages, so a variety of things like fidget toys etc would perhaps be a good idea.
- Maybe a realistic toy pet. There are cats & dogs that are very tactile and that 'breathe'. Again, often used in dementia settings, but they are very soothing.

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Gardens.

Garden 1 – Serenity.

- Bench / swing.
- Swing.
- Attract Nature.
- Wildflowers.
- Smoking Shelter.
- Calm.

Garden 2 - Patio Area.

- Seating.
- Wi-Fi.
- Lighting.
- BBQ.
- Music.
- Stimulating.
- Shelter.

Garden 3 – Active Area.

- Shelter.
- Pagoda.
- Garden Games.
- Active.
- Trampoline in floor.
- Table Tennis.
- Basketball Hoop.
- Place to lie down.

Garden 4 – Sensory Area

- Raised Beds.
- Herbs.
- Smells like Honey Suckle.
- Places to dig.
- Seating.
- Sensory smells and touch.
- Tools available.
- Shed.

Garden – General.

• All must be Accessible.



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- Security lighting.
- Shaded areas.
- Resin pathways.
- Place to lock away equipment.
- Paths all over.
- Water Feature.
- Mindful of where sun is.
- Grass.
- Washing line in one of the gardens.

Discussion on 20th October about the Internal Spaces.

Apartments.

- Decoration & style ideas.
- Block any corridor lights coming in under doors.
- Avoid clinical/hospital colour schemes.
- Light/wall panels that allow different themes (Rempods).
- Electronic photo frames to upload personal photos.
- Make each apartment door unique in appearance on the corridor side to easily distinguish rooms and make them appear less institutional.
- Make the room side of the door look like a 'door from home', not a clinical setting door. For door wrap ideas, see Rempods.
- Different designs of bedding for men, women, older, younger etc. Again, avoid hospital-style bedding.
- Different textures of bedding smooth or fluffy.
- Make each apartment as individual as possible.
- Flooring as homely as possible but needs to be easy to clean and stainproof.

Kitchen.

- Induction / induction pans.
- Decide on standard kitchen equipment (crockery / utensils / pans adaptive equipment / microwave / toaster / kettle then have specific store for storage specialist equipment (we need list of specialised kitchen equipment to have in storage).
- Heat/ flood sensors in kitchen.
- Fridge freezer.
- Taps temperature sensitive
- Oven.
- Bins/recycle.
- Lockable cupboard for medications.
- Flooring nonslip/plain/wood colour / brown all one colour / no lines / cushioned good quality flooring.
- Noise of equipment to be considered.
- Smells good ventilation /extractor fan.
- Slow closing doors.
- Stable Door for social interaction and safety.

Living Room.

- TV on wall built into wall consideration on position for example sun direction.
- DVD player (consideration).
- TV Cover.
- Black out blinds.
- Integral blinds.
- Lighting dimmer switches throughout.
- Spotlights? to be researched and confirmed.
- Lamps in walls.
- Underfloor heating right through apartments (already decided) as above good quality cushioned floor / rugs.

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• Good quality furniture Sofa – faux / easy clean / comfortable / cushions.

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- 2 and 1 seater sofas for personal space.
- Easy clean furniture.
- Tough furniture/ Pineapple (supplier).
- High arm sofa easier to get up from.
- Small dining table robust.
- Adjustable height dining table.
- 2 chairs one with arms/ one without.
- Coffee table small.
- Walls throughout different colours washable paint Autistic friendly colours / neutral colours.
- Personalise their apartments / notice board / personal photographs.

Bedroom.

- Good storage.
- Small double bed with storage underneath.
- Adjustable bed some rooms adjustable beds- will be brough in if needed.
- One bedside cabinet.
- Wardrobe with chest drawers combined (potentially movable / not movable).
- Adaptable furniture.
- Controllable lighting (bedside lamp, wall lights, main lights)

Bathroom.

- Acrylic mirrors.
- Shaving point.
- Under basin cupboard lockable but ability to have it unlocked.
- Colours not white / not glossy matt tiles.
- Nonslip plain floor.

Furnishings and lighting.

- No fluorescent type lighting, it needs to be more homely.
- Mixture of firm and soft furniture with different textures.
- Giant bean bag loungers.
- Furniture needs minimal scent. Before installation, furniture should be 'off-gassed' to eradicate manufacturing smells.
- More single chairs than couches some people will not want to sit immediately next to someone.
- As above, tables for 1 or 2 people.
- No fluorescent type lighting.
- Fully adjustable lighting dimmer switches.
- Ambient lighting.
- Appliances need to have minimal running noise.
- If possible, appliance lights should be able to be dimmed or brightened as required or even blocked out.
- Mixture of firm and soft furniture with different textures.
- Weighted blankets available.
- White noise machines available or Bluetooth speaker with app on tablet or device.

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• Some people with Autism and/or Learning Disability need to feel enclosed to get to sleep and feel safe. There are, for example, 'tents' that can be attached to beds.

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- Blackout blinds.
- A shelf or two for own books or personal belongings.

Communal areas

Entrance

- Main access through a small reception waiting type area with buzzer in/out system.
- Window into office for staff to see what's going on in entrance area.

Signage

- As far as LD service users are concerned, worded signs etc may not be enough. eg. the communal toilet might need some sort of picture on it as well as the 'normal' WC signs. All the signs do need to be clear and not open to misinterpretation eg. I see men and women pictures on public toilets but some are quite fancy (a deer or a stag, or strange clothed people). It takes me ages to decided which is which!
- The same goes for all signs in the building especially emergency exit signs.

General shared spaces.

- All areas to have neutral walls but nice colours.
- Durable carpet / heavy traffic.
- Durable tough furniture.
- Easy clean furniture. Have a coffee table for cups.
- Large beanbags available. Can also be taken to apartments if person likes.
- Notice Board.
- Washable walls.
- Dining area to have some chairs with arms and some without arms.
- Adjustable height table, for involvement in any activities.
- Meeting room for confidential meetings and discussion involving family and individuals as well as professionals so quite big. Don't use shared spaces so they are unavailable for people, unless the person would benefit from the meeting being in a familiar space (like the upstairs lounge).

Dining Area

- Someone in a crisis may find it too overwhelming to be at a table with others.
- 2 or 3 height adjustable tables. chairs some with arms/ some without.
- Adaptable / cleanable space for indoor activities or skill development.
- Cupboard storage for books, games, activities etc.
- Commercial kitchen on side to support activities with cooking and outside space use such as BBQs/ outdoor eating.
- Pool area?

Lounge downstairs.

- Pictures on walls in lounge.
- Large smart TV on wall or projector on ceiling (or both).
- DVD Player in lounge.
- TV In secure cabinet but nice to look at.
- Music system that people can connect to through Bluetooth headphones.
- Adjustable lightening options.

Lounge Upstairs.

- Beanbags.
- Dimmer light.
- No TV.
- Quiet Space.
- Small table.
- Reading lamp comfortable place to read.
- Music system that people can connect to through Bluetooth headphones.

Storage

• Lots of it - in the apartments and the whole building (inside and out).