

## **Case Study: The use of multi sensory with challenging behaviours**

### **The Red-Amber-Green of Sensory**

First conceived through collaboration with St. Luke's Hospital Group, the concept of using multi sensory with challenging behaviours has developed to provide flexible options for those trying to provide therapeutic resources for residents alongside effective and reliable solutions for instances of crisis.

The idea behind the Red-Amber-Green packages is a simple one; to provide scope for better management of challenging behaviour through the provision of carefully specified environments designed to cater for escalating needs.

The benefits to these environments include the reduction in anxiety and tension through scheduled use of a sensory room or the timely use of the intervention area to help prevent the need for seclusion or de-escalation for residents. In turn, the benefits can extend to improved morale, staff retention and effectiveness.

The key aim of "packaging" sensory provision into three classifications, Red-Amber-Green, relates to the type and challenges of the environments in which the products can be safely and effectively used, making choice and decision making far easier.

#### **Red Sensory Package**

##### **Seclusion or De-Escalation Safe Room**

In times of crisis, of paramount importance is the physical safety and welfare of residents and those that care for them. Ultimately, this may require an environment where sensory input is withdrawn and the room furnished to prevent, as far as possible, self-harm and harm to others. SensoryPlus have extensive experience in the design, manufacture and installation of these types of environments.

Consideration should also be given to secure beds and mattresses and fitting a wet floor beneath the matting as an effective way to allow full hygienic cleaning.

## **Amber Sensory Package**

### **Sensory Intervention Room**

Historically, the erratic and challenging behaviour of residents was presumed to preclude the inclusion of classic sensory items into the daily lives of these service users. To an extent this is true, some items are simply too vulnerable to be considered but once the nature of the behaviour is understood and through thoughtful discussion with care teams and staff who know and understand their users better than anyone, it is possible to design environments to encourage positive behaviour and self-management of anxiety.

Designed to provide an 'on-unit' option for staff and users to offer opportunity and choice when behaviour and mood show key signs of elevation, the Sensory Intervention room is a simple but effective resource. Intended to prevent use of de-escalation or seclusion where possible by encouraging the application of relaxation techniques and triggers learned in the therapy studio(s).



## **Green Sensory Package I**

### **Sensory Sound Studio**

Music, movement and relaxation are at the heart of this room, encouraging users to make choice through music and colour choice. Space is also important to allow users to positively expend energy but a large, soft bead bag area also facilitates more relaxed use of the space.

The Sensory Sound Studio creates a terrific environment relevant to users where they can choose and affect their surroundings in ways not available on multi-user units. Areas allowing choice over type and volume of music are hugely successful by encouraging movement and motion as a positive expression of choice and relaxation. Colour choice via a Colour Wash System can provide an incredibly powerful experience too, encouraging self-management of mood and behaviour.



## **Green Sensory Package II**

### **Sensory Light Studio**

Complimenting the Sound Studio or as an alternative, the Light Studio is a mixture of more traditional multi-sensory items such as bubble screens and fibre optics, with due deference to prevalent behavioural issues. The use of digital projection and amplified surround sound creates a personal cinema and a relaxing space. The interactivity of the area can be enhanced through the strategic selection of remote interactive sensory tools.

Proven in application these different approaches are not bound by a small product selection. SensoryPlus realise it is impossible to compile a handful of permutations that will successfully meet the varying needs of both care staff and residents.



All the suggestions made on the approaches to the various types and levels of environment are offered as guidelines. A successful room or series of rooms are best constructed through partnership. Only through conversation with you and the vested parties can an appropriate solution be developed. To arrange a convenient time to discuss your needs, aspirations and space contact Freephone 0800 212709 or +44 (0) 1440 705352.