

Children's
Services

Supporting children with disabilities

9 October 2024

Mark Hewer and Sharon Clark



Hampshire
County Council

Overview

- Enhancing communication using technology
- The benefits of providing sleep support
- How direct payment workers can make a significant impact to families with disabled children

Table top exercise

10 minutes

1. What are the benefits of technological advances when thinking about disabled children?
2. What pieces of tech are you aware of that support children in their homes?

Feedback and discussion

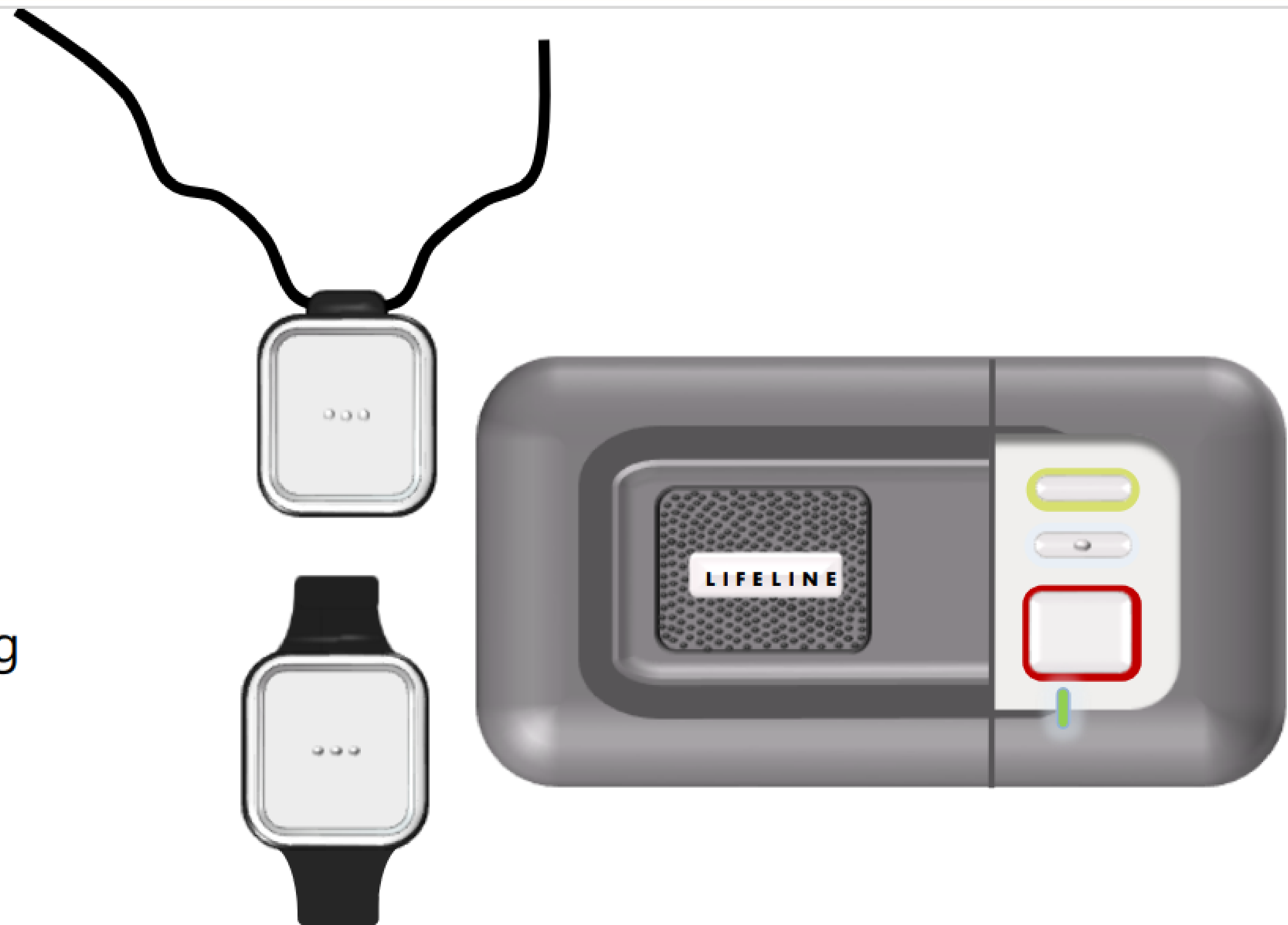
10 mins

Benefits of Care Technology

- Reduced sleep deprivation for child and/or carers
- Better falls and seizure management
- Managing challenging behaviour in the home
- Developing skills for daily living
- Developing and maintaining daily routines
- Improving transitions during the day e.g. bedtime, preparing for school
- Managing risky behaviours in the home e.g. absconding
- Socially isolated
- Building confidence and managing anxieties which can be a barrier to achieving their potential
- Progress towards accessing community independently

Falls detectors

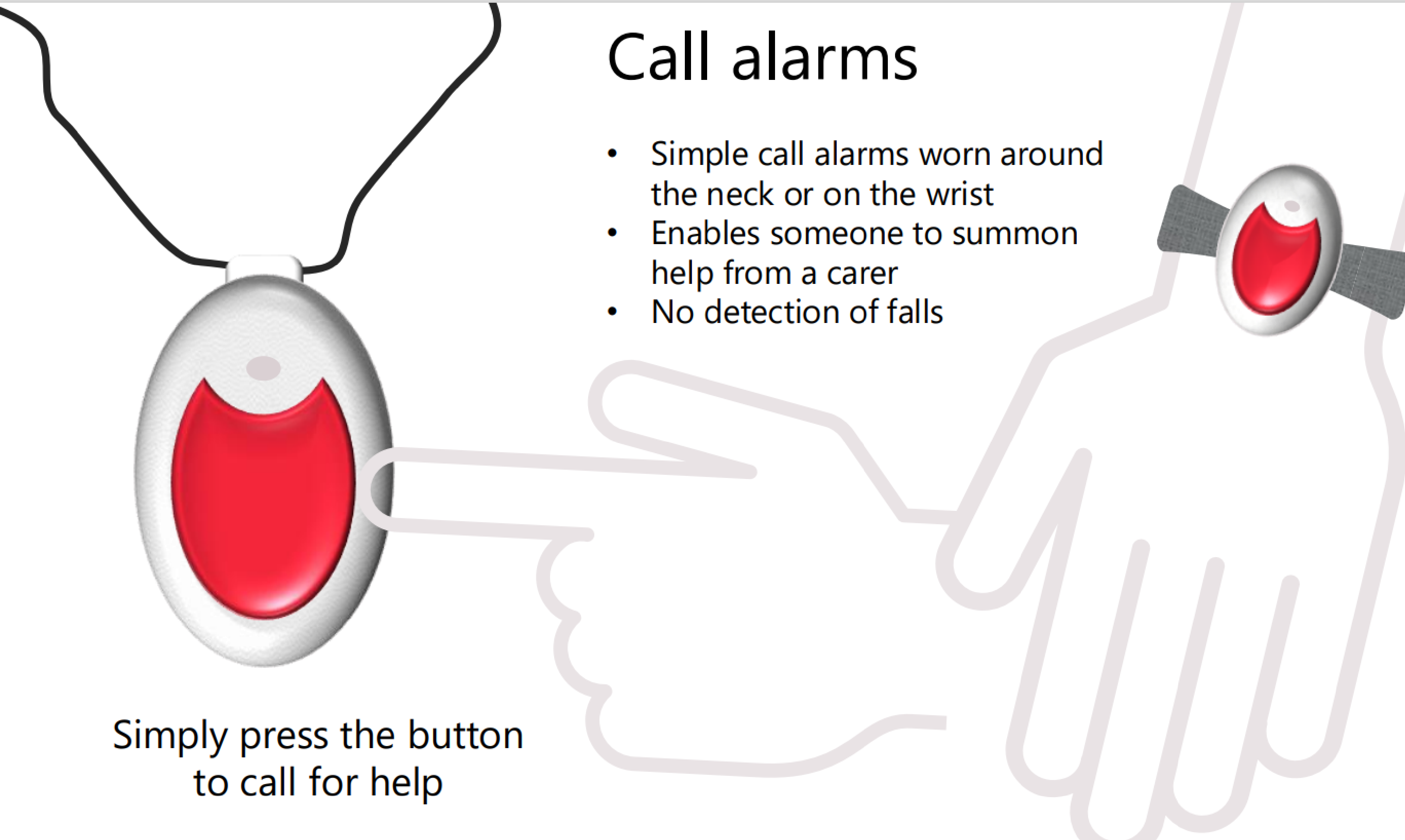
- Activates automatically on impact or when acceleration is detected
- Or when face of device is pressed
- will not detect managed falls including slumps and slides from a chair
- Can be worn on wrist or around neck
- Water resistant can be worn in the shower but not in the bath
- Enables positive risk taking



Can be connected to a carer pager and/or our 24/7 monitoring service

Call alarms

- Simple call alarms worn around the neck or on the wrist
- Enables someone to summon help from a carer
- No detection of falls

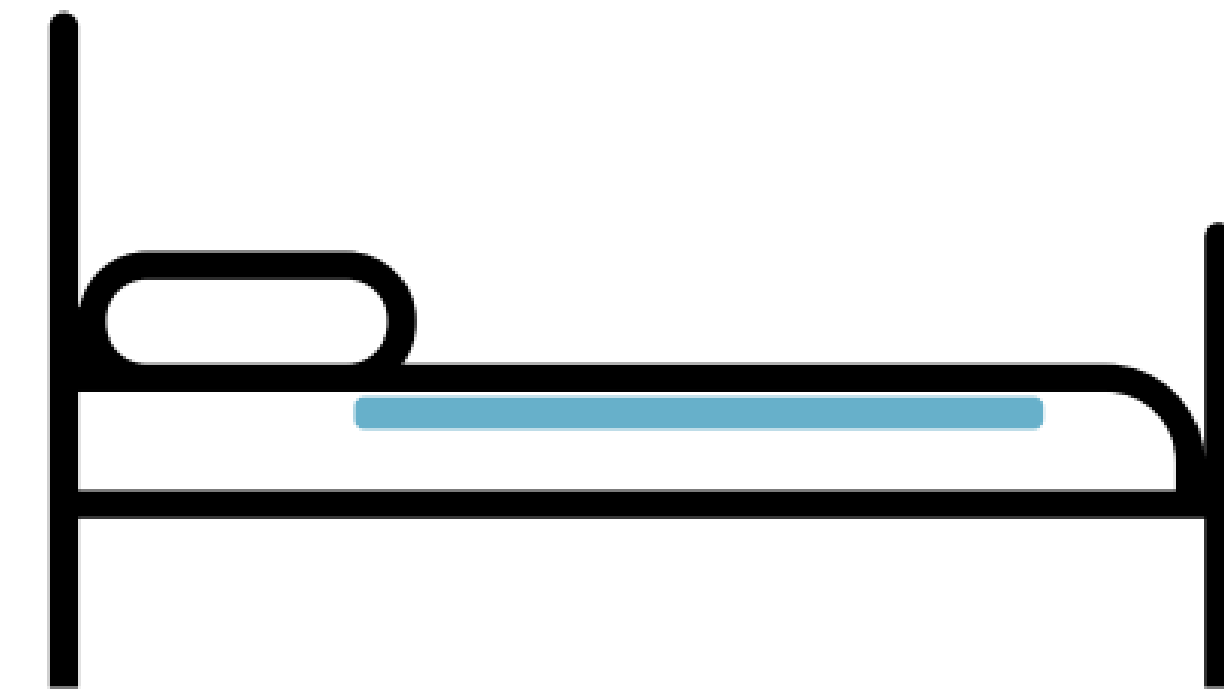
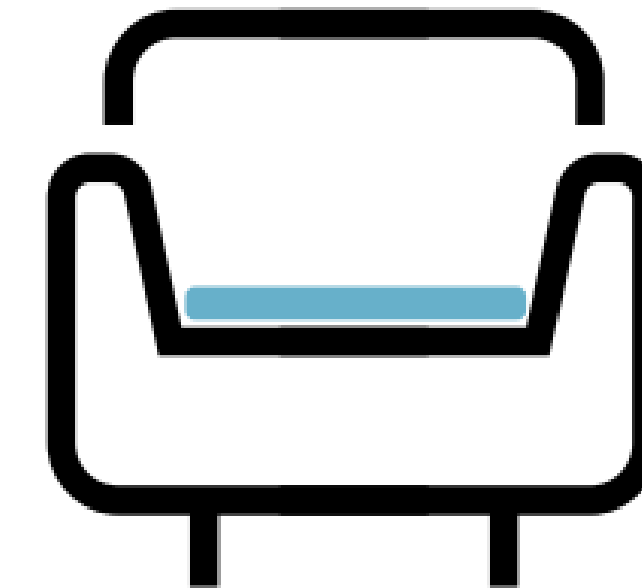
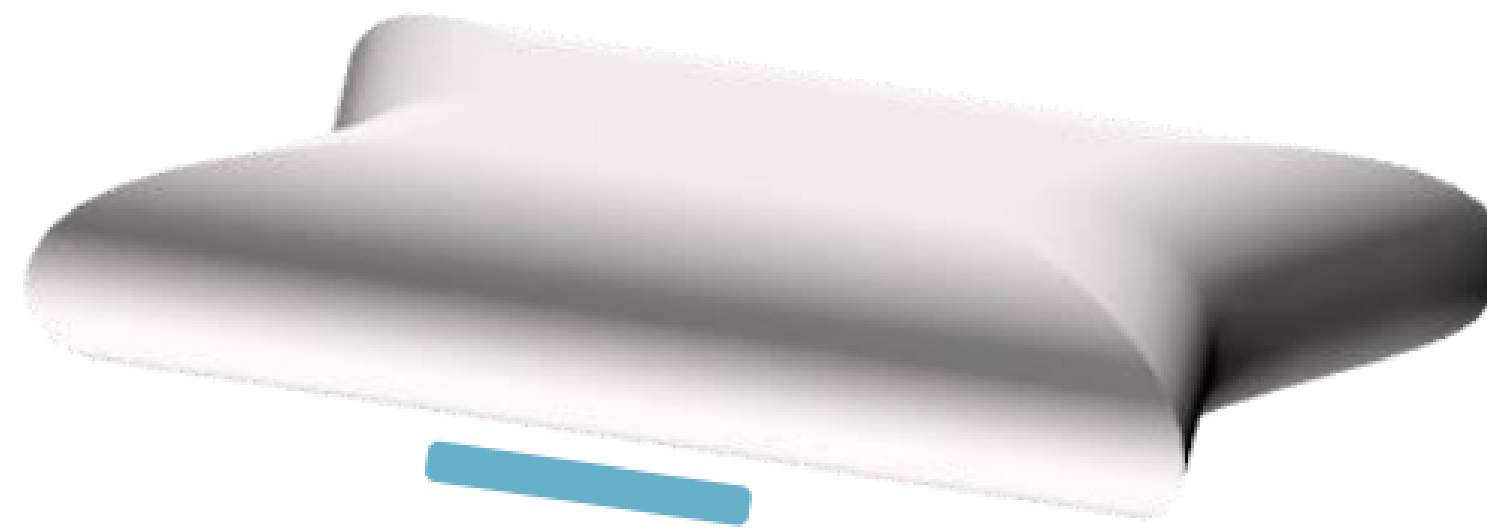


The diagram illustrates two types of call alarms. On the left, a large oval-shaped alarm with a red button is suspended by a black cord. A hand is shown pressing the red button, with a speech bubble indicating the action. On the right, a smaller, similar alarm is shown attached to a grey wristband. A hand is also shown pressing the red button on this device. The background is white with a dark blue header bar at the top.

Simply press the button
to call for help

Bed & Chair Sensors

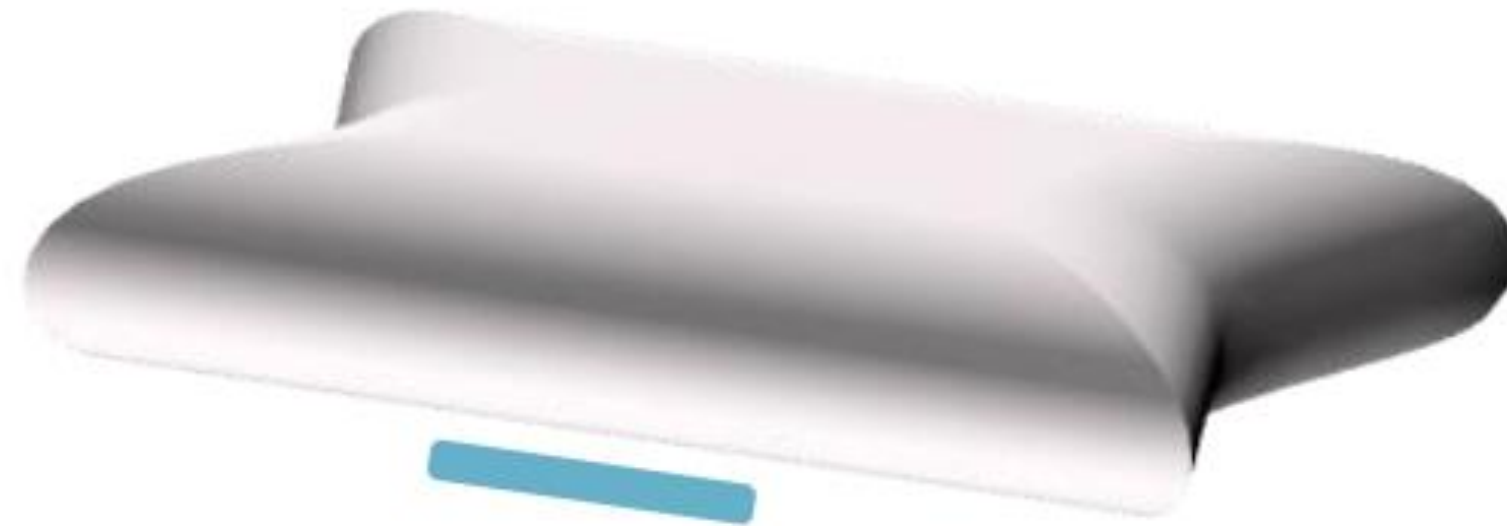
- Can be connected to a pager to alert a carer or family member that someone has stood up out of a chair or out of bed
- Sensors can be set on a delay to send alerts if the adult has not returned within a certain time
- Can be linked to a vibrating pillow pad



Sensory Support

- Is there a risk of an alert going unnoticed due to hearing or visual impairment?
- Does the carer have sensory impairments?

Vibrating Pillow Pad



DDA Pager



Door sensors, other activity sensors and camera systems

- Easy to use on/off button
- Carer entry/exit mode
- Door left open alerts
- Repeating door still open alerts
- Adhesive mounting
- 3 year replaceable battery life
- Waterproof
- Activity sensors can be placed on walls and windows to alert a carer to movement and activity
- Camera systems linked to video screen monitors can also be provided, where appropriate



Carer pager systems

- Non intrusive portable alarm receiver
- Allows the carer to receive immediate alerts
- Avoids the need for constant supervision
- Activity sensors (e.g. door sensor) can be linked to the pager





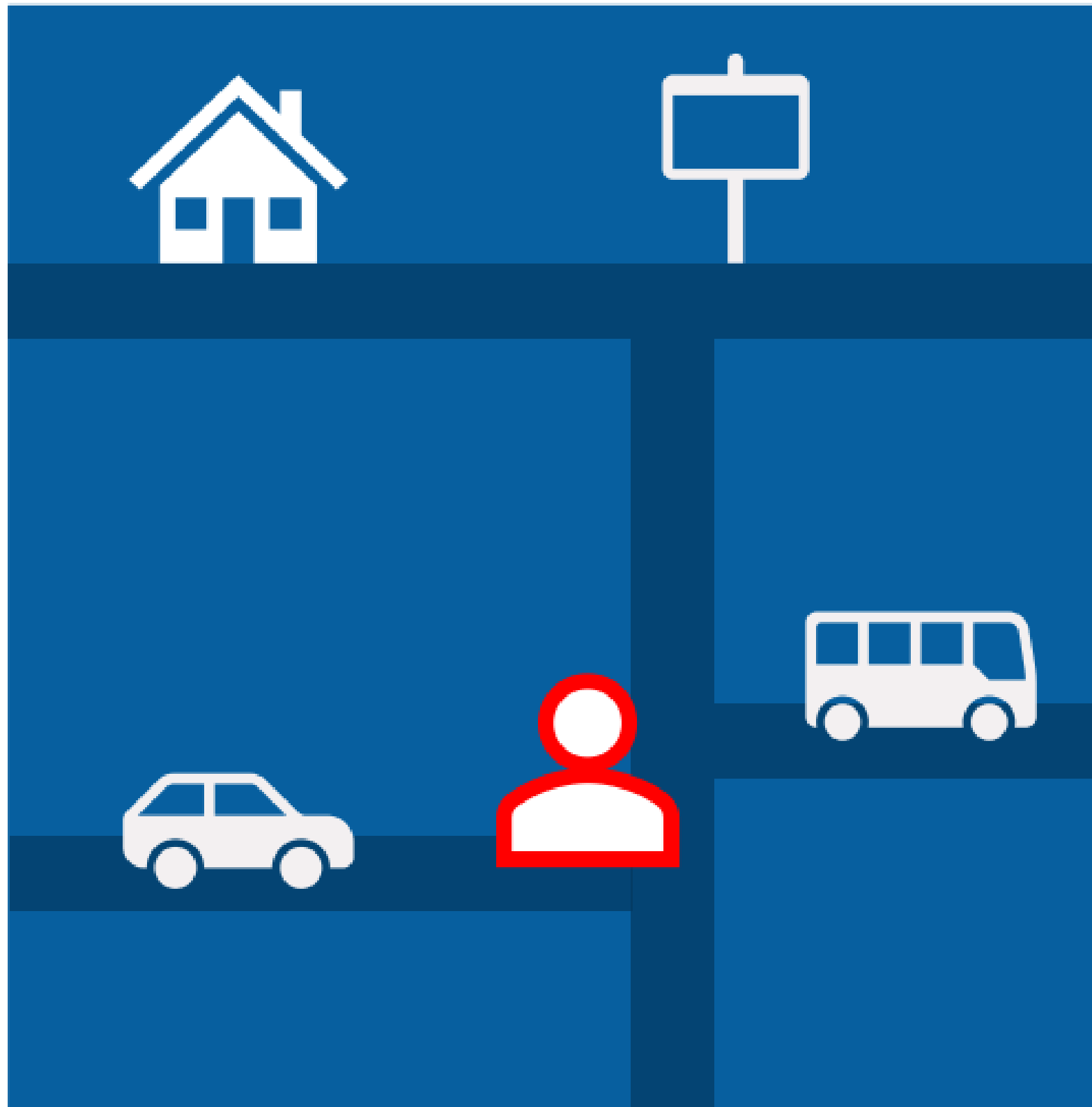
MemRabel

- Digital Orientation clock that can be placed on a table or nightstand
- Supports development and maintenance of daily living routines through prompts and task scheduling
- Plan a daily routine with video or photo instructions for key timings throughout the day
- Newer versions allow carers can log into the device remotely and change the reminders at any time (requires WIFI)

GPS Oysta device



- Promotes independence inside and outside the home
- Enables positive risk taking e.g. walking to school independently
- GPS Tracking with back up support from monitoring centre
- Reminders e.g. *medication, remember your house keys*
- SOS button that summons immediate help from care networks
- 2-way communication where the user is not physically required to answer a call by pressing a button, connection will be made automatically and caller can just talk to the person
- Can be programmed to function as a falls detector
- Soon available as an App that can sit on Android smart phones (iOS pending) *no falls detection.



Oysta devices

- Safe Zones can be programmed to monitor movements in and out of areas at certain times of the day or night.
- When leaving a 'safe zone' an alert can be sent to the care network. An alert can also be sent when the device returns to its safety zone.

Brain in Hand



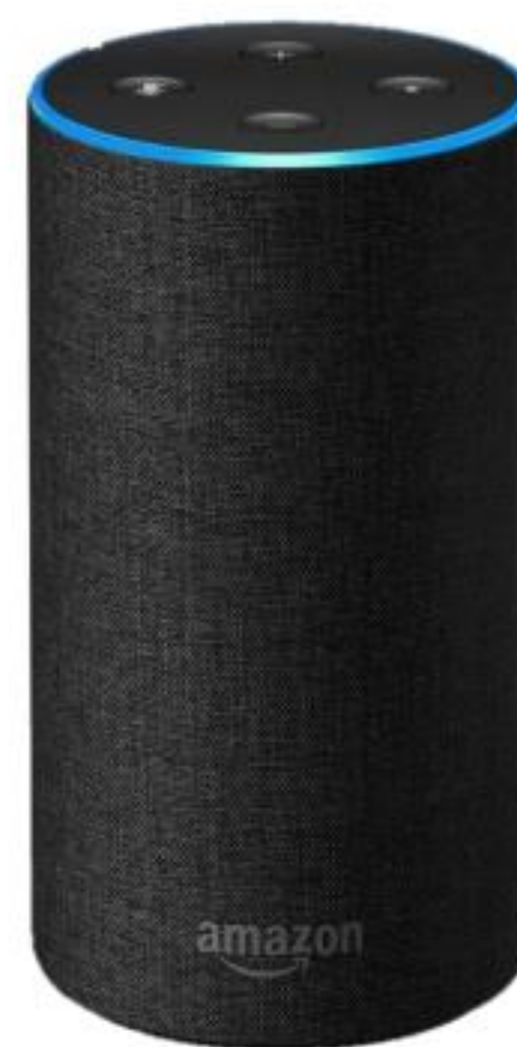
- Digital self management tool accessed via smartphone
- Supports development of strategies for overcoming things which are difficult e.g. *travelling to school independently, sitting examinations*
- Supports development of coping skills for daily living
- Simple traffic light system allows users to track their mood and request extra help from support networks if needed
- Users and carers report that it supports better communication, better organisation, time management, reduced anxiety and increased resilience.
- Requires basic literacy

Areas Alexa may be able to support:

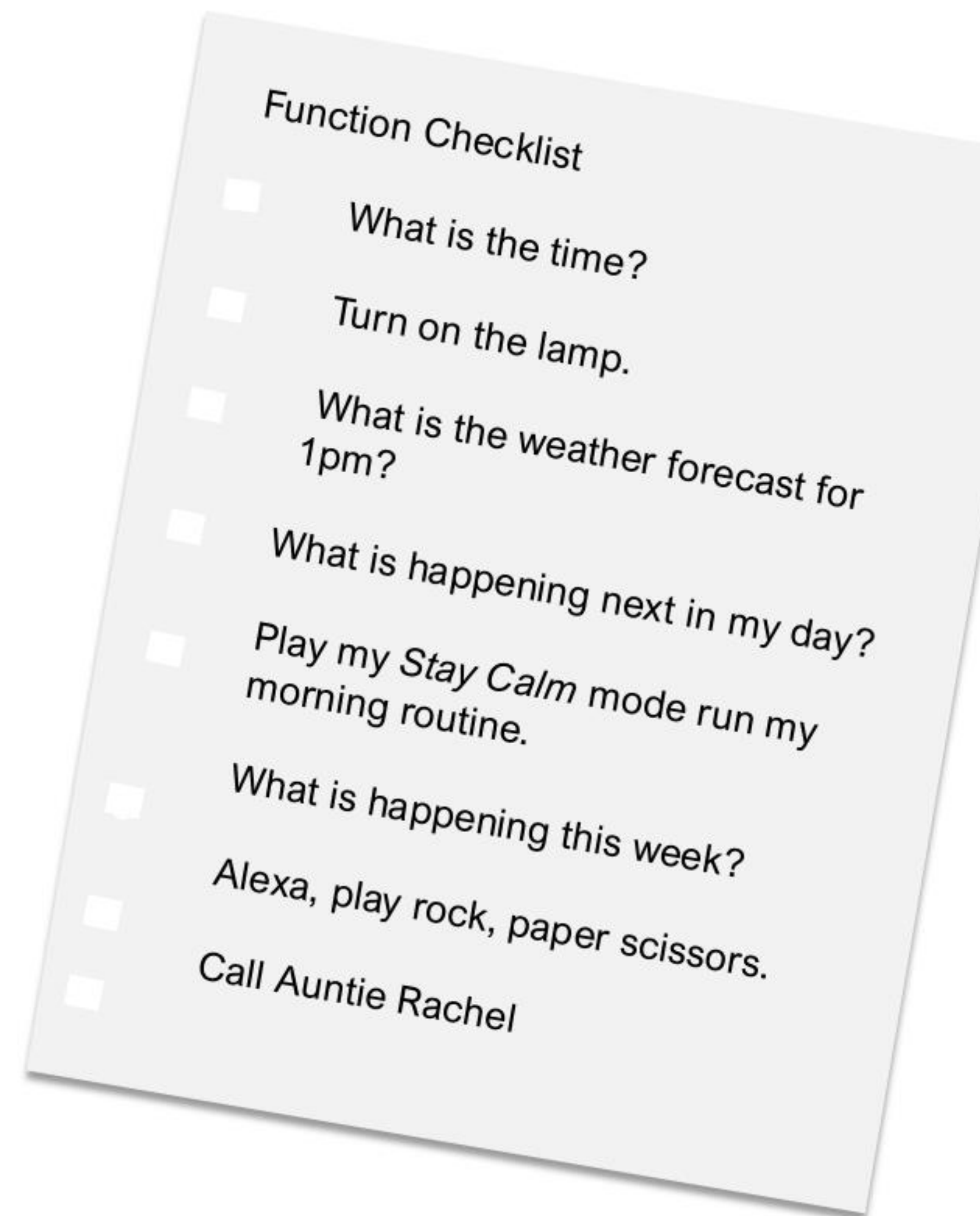
- Greater control over environment for anyone with a physical disability
- Developing daily living skills e.g. building and maintaining morning and bedtime routines
- Managing transition points during the day
- Reducing carer strain and better sleep
- Positive behaviour support – stay calm routines
- Improving communication with carers
- Developing and maintaining relationships



Alexa Show



Alexa



Our experience:

Young person with a complex health need

THE SITUATION Eric has an apple watch and iPhone that he uses to alert his parents if he needs assistance at night. However, these are not always reliable. He recently fell from his bed to the floor and was found two hours later. He could not alert his parents that he needed assistance and felt that he would need to get out of his bed to get a device to alert them.

THE SOLUTION Our tech partner arranged a joint visit with the young person's OT. Due to his age and a complex health condition, a neurodegenerative disorder, a discreet but robust care technology solution was needed to ensure Eric could alert his parents in any situation. The jointly assessed solution of a pendant linked to a pager with a range extender was agreed upon.

THE OUTCOME Our tech partner spoke to Eric's parents. His Mum shared the good news. Not only did the system work, but it has transformed the young person's life and their ability to carry out everyday tasks in a dignified way. The Care Technology solution has also avoided 12 hrs of 1:1 care costs per week. The practitioner believed this would last for 6-12 months.

Our experience:

Promoting safety and reducing carer strain

THE SITUATION Georgia is unaware of the danger the risks her behaviour presents to herself. She is constantly on the go and doesn't sit still for any length of time. She jumps and climbs. She will climb out of windows if left open. She will walk out of doors if left unlocked. She will jump from the top to the bottom of the stairs if not supervised closely. She wakes at night and tries to leave her bedroom to go downstairs. She will climb over the stair gate of her bedroom door and head for the stairs. This has caused extreme stress as her parents worry they will oversleep and not get to her in time.

THE SOLUTION Argenti worked with the Children's Occupational Therapist (OT) to understand the risks and the outcomes the family wanted to achieve. A joint assessment was arranged with a Care Technology Technical Advisor, the family and the OT to ensure every aspect was considered before solutions were implemented. Discreet bed leaving alarm and a motion sensor were agreed to help reduce the risk of Georgia getting up at night without her parents knowing.

THE OUTCOME Argenti reviewed the case with the occupational therapist to ensure the intervention was successful. The risk of carer breakdown has been reduced, and the parents have reported the technology is working for them. The Care Technology also avoided five nights p/wk of 10 hrs waking night care costs. The practitioner believed this would last for 12+ months.

Our experience: CHALLENGING BEHAVIOUR

THE SITUATION Julie has no verbal communication and has a very young mental age. She has no awareness of danger, risk or consequence. She recently absconded from the property and was found in the pool at the local leisure centre. This could have had a tragic outcome. The risks of this happening again were felt to be extremely high. Julie needs constant supervision. She has four siblings, all with additional needs.

THE SOLUTION Due to the high risk, our tech partner was asked to consider this case urgently. The Argenti team scheduled a joint visit with the practitioner to complete the care technology assessment. Following the joint assessment with the child's OT, the parents and Argenti's Technical Advisor, door sensors linked to a local pager were installed as a simple solution to manage the risk presented.

THE OUTCOME Argenti contacted the parent three months after the initial visit. The risk of absconding has been reduced by using this simple intervention. The Care Technology solution also avoided 14 hrs of 1:1 care costs per week. The practitioner believed this would last for 12+ months.

Outcomes which can be supported by care technology

- Staying safe and reducing the risk of harm inside and outside the home
- Developing skills for independence and preparing for adulthood
- Greater choice dignity and control and reducing carer strain
- Positive behaviour support

Sleep Support

- **About Us**

- The Sleep Service was developed in 2015 by Portage Inclusion practitioners who trained with the Southampton Sleep clinic in order to support Portage families whose children were experiencing sleep difficulties. The service provides sleep workshops to parents, early years practitioners and teachers.
- Between them the sleep practitioners have over 20 years experience, of supporting, and working with children with complex needs and disabilities.
- In 2017 the sleep service was commissioned to support families open to the Disabled children's team.



- The service aims to work in partnership with parents to help make positive changes to the child's sleep as well as the parents.
- This is done by developing the parents current knowledge of sleep, by providing them with current theories and practices relating to sleep and children with SEND.
- Aim to collaborate and share knowledge and expertise to develop a personalised sleep program for the families.
- Aim to develop the knowledge of professionals working with the family to enable them to continue the support if needed.

Advantages

- Reduction in overnight respite costs
- Families feeling empowered
- Less state intervention

InPrint3 by Widgit

- App purchased by HCC to aid communication
- Provides Widgit symbols that can be easily inserted into assessments, plans and letters
- Ensuring we are able to communicate more effectively with our SEN children
- Also can be used on our touchscreens to allow our children to communicate with us during visits or as part of their assessment

Use of direct payment carers

While we continue to commission agency carers, HCC are continuing to increase the number of direct payment workers used to support our young people. We have a joint approach with our adult services team and a new website launching shortly where applicants can express an interest and make an application, and our young people or their carers can advertise to find the ideal applicant.

Families often source carers from the young people's schools, advertising at local colleges and universities or on dedicated social media sites.

Benefits of using direct payment workers include

- Cost savings compared to using agency carers
- Greater flexibility for the families
- Consistency of carers
- Better matching of carers and young people

Questions

