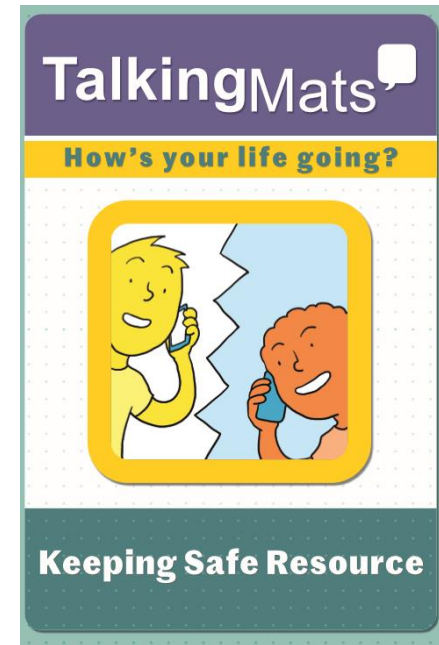


# Keeping Safe Talking Mats Project

## Plan

- Why
- Getting it used
- Impact
- Cost benefit analysis – through example



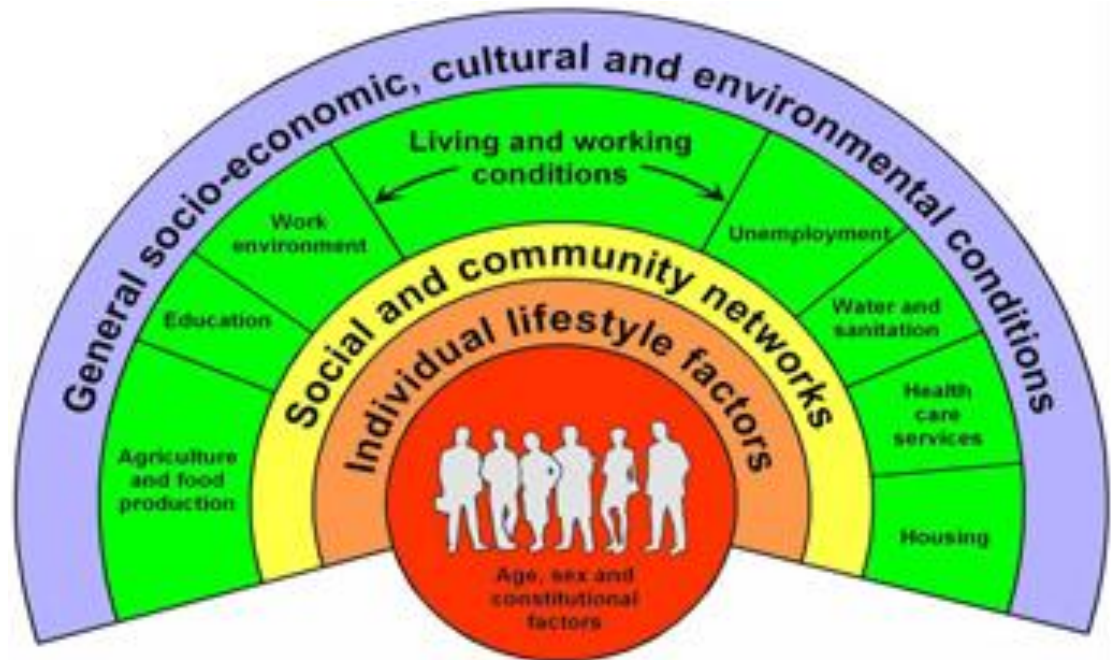
Thanks to

- Scottish Government
- Survivor Scotland
- Kingdom Abuse Survivors Project
- NHS Fife

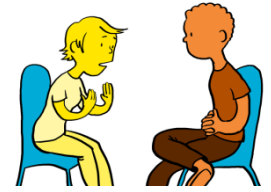
# Why is this important ?

People with a learning disability have

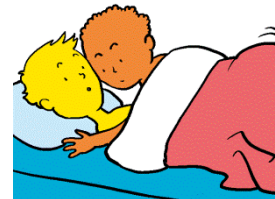
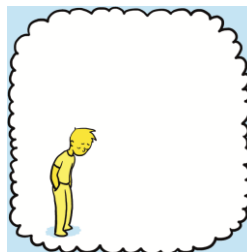
- an increased vulnerability to abuse
  - an increased risk of poor health and health inequalities
- Emerson and Hatton ,2014*
- *Health Inequalities and People with Intellectual Disabilities*



# Promoting safeguarding



- Build capacity to raise small concerns so its more possible to raise big ones
- How's it going? Create a listening space particular key for people with communication difficulties *'I know that he feels he has a voice .When he needs to talk or is worried about anything has been asking me 'can we do a mat please'.*
- Don't leave till a crisis

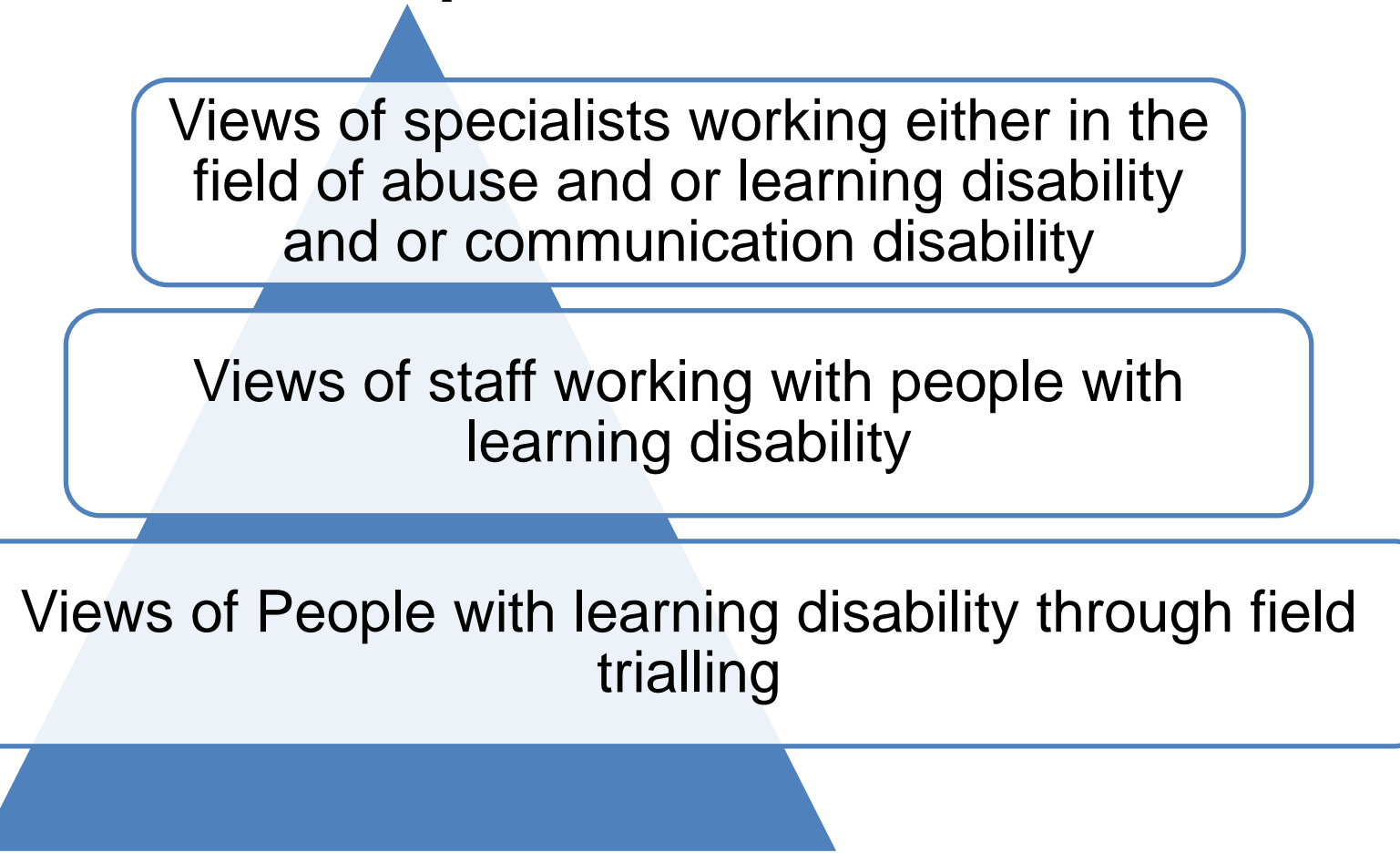


# Our story

- 6 year journey that started in NHS Fife
- Different Funding streams and Partners
  - Survivor Scotland
  - Kingdom Abuse Survivors Project (KASP)
  - Scottish government -Keys to life 4 key outcomes
    - a healthy life,
    - independence,
    - choice and control and a
    - active citizenship

An iterative process – staff ourselves, our artist and people with learning disabilities

# Development of resource

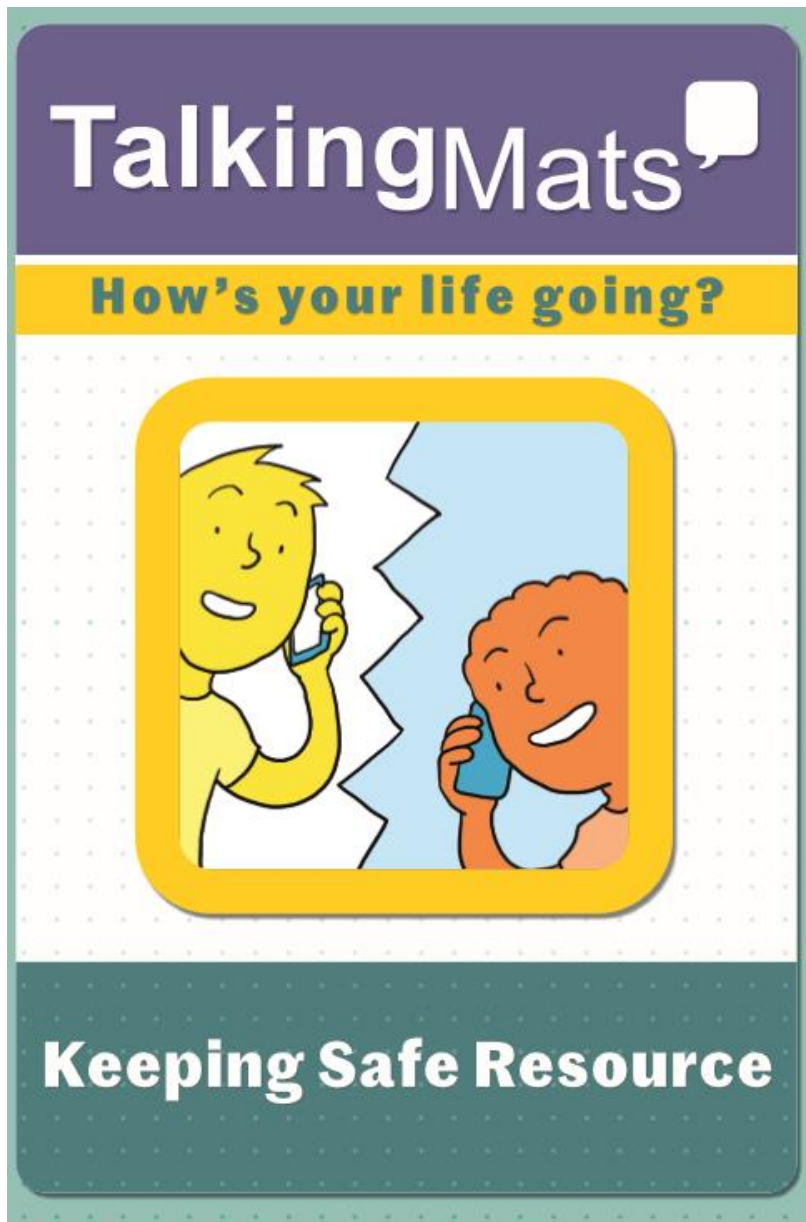


Views of specialists working either in the field of abuse and or learning disability and or communication disability

Views of staff working with people with learning disability

Views of People with learning disability through field trialling

Options that help build up a picture of how safe people feel in their lives are part of the fabric of the this resource



Well being



Relationships



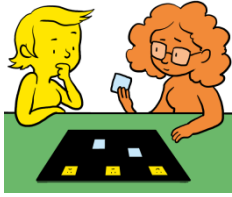
Thoughts and Feelings

# Your well-being



The options in this topic explore:

- Physical health
- Mental health
- Health appointments
- Autonomy
- Personal safety



# Training and Resources

- Process of Talking Mats is built on best practice interview techniques and inherently fosters engagement .
- Training is key to effective use – offered to staff working with adults with learning disability through out Scotland
- 2 routes to training
  - Direct from ourselves (186)
  - Through the 19 accredited **trainers (549)** as end of March 17- figure still growing
- Range of staff – AHPs, psychologists , social workers , advocacy , nurses , care staff, teachers



# Impact

- **Gain new information (89%)** *'It gave so much information which we did not expect.'*
- **Discuss and resolve fears (84%)** *'Usually when she expresses her feelings she can get either upset or angry. She did not get upset or angry at any point through doing the Talking Mats, although the subject and things she was saying was at times difficult issues.'*
- **Supports Thinking (89%)** *'It helps with memory and attention as she has something visual to keep her focused.'*

For some provided a safe way to have more difficult and sensitive conversations – this helped both the listeners and thinkers

Made a contribution to adult protection

# Cost benefit Analysis

- Primary source of is the Unit Costs of Health and Social Care produced by the Personal Social Services Research Unit (PSSRU) 2015/16
- Illustrative as these are assumptions so subjective
- Critical friend to test out scenarios
- At least 6 cases of wide range of intervention
- Compare with actual costs of the intervention .e.g.. Training , venue , participants time etc



# Becky's story

- A woman with a diagnosis of Aspergers and generalised anxiety
- Living in her family home
- Referred to Occupational Therapist by her psychiatrist
- Withdrawing from all activities
- Becoming more dependant on family for activities of daily living which assessment showed were skills she had
- Finds it difficult to communicate her needs and express herself – low mood and motivation
- Could not think about future goals
- Becoming agitated when friends or family are talked about

# Talking Mats support



## What happened

- 'A Relationships Talking Mat' was carried out in which she identified
- Social media bullying
- Loss of contact with school friends. She wanted to meet them but her level of anxiety linked to SM comments prevented her from doing this

## Actions

- Discussion with Mum – family wanted to support her in this
- Further Talking Mat to identify activities and interests that would help support engagement with friends
- Some ongoing support to family

## Cost

Tm interview	2	44	88
further support	6	44	264
			352

**Total Cost £352** It may be that consideration will be given in the future to independent living. The cost of planned independent living is generally less than if that occurs through planning, than through a crisis

# Alternative scenario

- **Possible alternative scenario**
- She withdrew even further from all activities .
- Her agitation persisted and became increasingly challenging
- Her family became exhausted and unable to support her
- A multi disciplinary meeting was called
- Weekly support by challenging behaviour team was put in
- A review meeting
- A crisis occurred resulting in emergency hospital admission
- Long term placement was found in care setting

multi agncy meeting	2	792	1584
increased community staff input	42	44	1848
emergency hosp admission	28	654	18312
			21744

**Cost** Total Cost of intervention is variable depending on which scenarios occurred :

- 1-6 cost would be was **£3432**
- 1-7 cost would be **£21744**
- 8 is ongoing cost but a placement following a crisis will be more expensive and add an additional **£19,604 annually**

# Summary of cost benefit analysis

(these costs are in pounds Stirling)

Case	Talking Mats intervention	alternative scenario	saving	Percentage saving
1	88	161	73	45
2	704	21534	20830	97%
3	139800	234342	94542	40%
4	385	1575	1190	75
5	170	1645	1475	89
6	688	1684.75	996.75	59
<b>TOTAL</b>	141747	260780.75	119033.75	
	<b>average</b>		<b>19,851</b>	<b>67%</b>

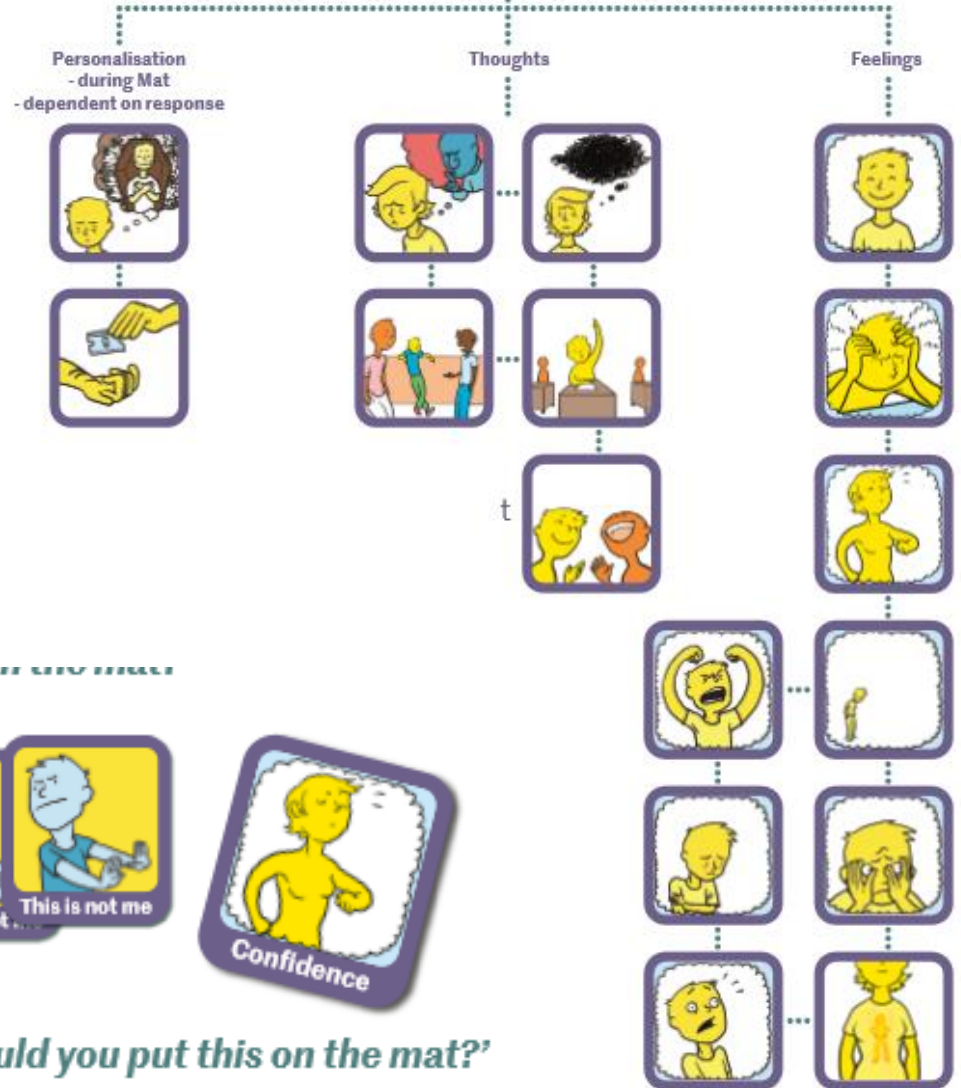
For each pound invested in the Keeping Safe training and resource there is a potential saving of £23.00.

- joined up services because the preventative work may be a cost to one service e.g. case 1 advocacy but the saving in that example is in the health service.

# 3<sup>rd</sup> Topic is a different type of Talking Mat

- Abstract
- Powerful
- Has been a key route to disclosure for people who can access it

## Thoughts & Feelings



*'This is about confidence'...*

*'Where would you put this on the mat?'*

# Keeping in touch

- **Free stuff:** <http://www.talkingmats.com/research-consultancy/free-stuff-communication-disability/>
- **Blog:** <http://www.talkingmats.com/category/blog/>
- **Research and consultancy:** <http://www.talkingmats.com/research-consultancy/>
- **Further training:** Accredited training and specialist seminars



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