

Keeping Safe

Risk and Learning Disability

- 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

Summary

The Keeping Safe Talking Mats resource is a visual framework that has been developed and trialled over 3 years. It provides:

- A listening space for people with learning disability to raise concerns
- A structure for staff to find out what people are thinking about their lives, and raise issues that can be difficult to discuss.

The Keeping Safe topics are:



Health and well being



Relationships



Thoughts and Feelings

The Keeping Safe Development Process

- Involved combining the expertise of people experienced in dealing with abuse, learning disability and/ or communication
- Using this expertise to define the topics and options to ensure a meaningful, non-leading conversation within a reasonable time frame
- Integrating potentially sensitive options into the overall topics supports a holistic view
- Defining the language and designing the symbols so both are as neutral and as inclusive as possible
- An iterative process of involving using the resource with people with learning difficulties, gathering feedback and refining the framework based on their experience.

Delivery- Outcomes and Impact

We have trained staff across all health boards in Scotland.

The training involved :

- Building confidence in handling disclosure
- Understanding the principles of Talking Mats and being able to use this framework
- Use of the Keeping Safe resource

We are also training staff to trainer level, so use of the resource can be sustained in local areas.

Through use of the Keeping Safe resource we have a wealth of feedback about the well-being of people with learning disability across Scotland.

Feedback from the training is overwhelmingly positive and has included comments such as:

'Potential for making important change to the lives of the most vulnerable people in our society.'
'Relief to have an effective communication tool.'

Examples of Information Gained

Raised change of tenancy- she wants her own

Increases chance of service users raising concerns.

Enabled me to explore bereavement

Allowed a woman to have a positive discussion about a sexual relationship- she had previously been unable to talk about it.

When he needs to talk or is worried about anything, he asks "can we do a mat?"



Example of a Relationship Mat

Top scale: *going well / not going well*



The Thinker revealed that he was anxious because his dad had come back to the family home.



Example of a Health and Well-Being Mat

Top scale: *going well / not going well*



The Thinker was moving to supported living. He expressed that he was not managing to eat or sleep and had started smoking cigarettes and cannabis.



Example of a Thoughts and Feelings Mat

Top scale: *this is me /this is not me*



The Thinker shared that she was worried and confused and did not feel able to ask for help.