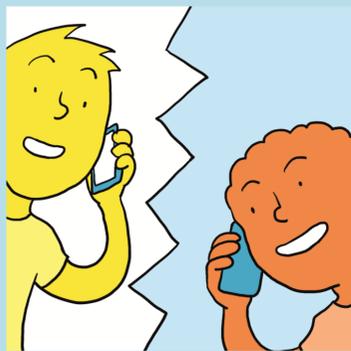


Keeping Safe

A Talking Mats resource to support people reflect on how their lives are going and express concerns



The Scottish Government Keys to Life strategy commissioned Talking Mats Limited to develop a resource which could be used across Scotland to enable people with learning disability raise concerns. This recognises the fact that people with learning disability are at risk of inequality in terms of their health and life opportunities, and vulnerable to increased risk of abuse.

The Keeping Safe project has resulted in a resource that allows people with learning and communication difficulties to raise concerns –both big and small. It creates a listening space and supports staff to open up conversations in a way that is non-leading. The framework incorporates topics that are sensitive and sometimes difficult to discuss, offering a degree of safeguarding.

What's in it? There are 3 topics



Your well being



Relationships



Thoughts and Feelings

Summary of project

The project has trained over 550 people in Scotland to use the resource with people with a learning disability. Trial and feedback from its use allowed the resource to be added to and adapted, and stories of its use highlighted the issues for people and the person-centred actions that resulted.

There are 22 trainers across Scotland continuing to run courses.

An earlier report (available from www.talkingmats.com) details the background and methods used in the project.

The resource was successfully trialled with young people with mental health problems and people with acquired brain injury. The resource is now available to purchase.

Feedback from use of the Keeping Safe resource

It helped to keep the discussion focussed rather than digressing into other areas.

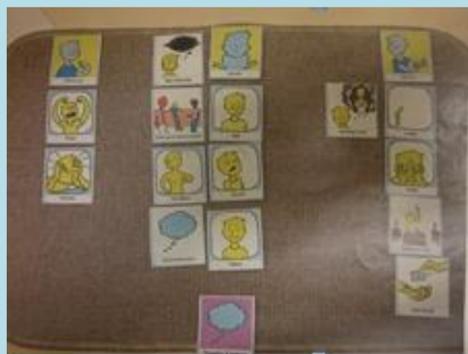
Paved the way to helping patient see the need for help and support with the appropriate professionals

better able to focus on his feelings rather than working out what was being asked of him

.....because he only had to place the card in a place, he felt less embarrassed.

She is much more able to express and talk rather than just agree with us

Example of a Thoughts and Feelings Mat



'From this mat we found out she was worried'

Example of a Relationships mat



'Wants to meet his girlfriend out with the day centre, but doesn't know how to organise this'

Example of Well-being mat



He recognised that lots of things were going well in his life but that he wasn't handling stress

People with a learning disability found the Keeping Safe resource a helpful way to:

- discuss new information (89%),
- discuss and resolve fears (84%)
- support thinking (89%)

Staff stated specifically it is an effective way to gain new information and support discussion of sensitive topics (66%)

Benefits for Organisations :

A cost benefit analysis showed that using the Keeping Safe resource can save organisations money by supporting people to raise concerns at an early stage and prevent issues escalating