

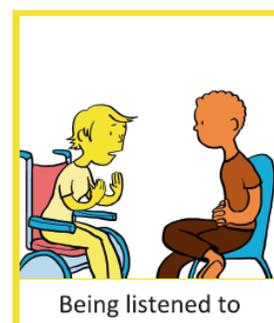
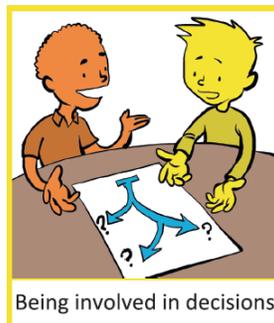


## **‘Being Included’**

An add on set to be used in conjunction with the Talking Mats Keeping Safe Resource

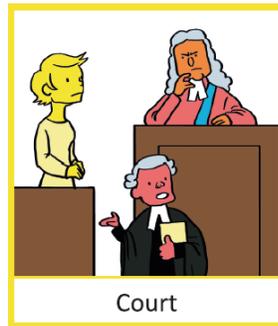
This set grew out of research conducted in NHS Fife that examined issues of risk, safety and well-being for people with learning disability living in a low to medium secure unit. The research was carried out by the University of Edinburgh and funded by the Burdett Trust.

The Talking Mats Keeping Safe Resource enables people to reflect on their well-being, relationships, and thoughts and feelings. One of the principal issues to emerge from both the research carried out and discussions with patients and staff was the importance of agency, that is, still having a sense of control and being included in decisions that were about you. Patients, in particular, talked about risks to their independence and having control over their lives and choices. Hence, this set was designed and, thanks to the funding from the Burdett Trust, is being made freely available for Talking Mats practitioners to use in conjunction with the Keeping Safe Resource.



## Choice of Options

It is important to choose options that are applicable to the situation that you are working in. For example, the cards for police, admission to hospital and court should only be used if they are part of the lived experience of the person you are working with.



## The Topscale

The topscale that works well for this set is “going well / sometimes going well / not going well”. If you are using the cards for admission to hospital, involvement with police and/or court you may want to change the topscale to “feel ok about / not sure / don’t feel ok about”.

## The Process of carrying out Talking Mats

Talking Mats is based on research evidence and whilst it may seem simple it is not simplistic. It is important that practitioners who use Talking Mats have built their skills and confidence in adhering to the principles established through the research, as this is key to using them effectively. The recommendation is that to use this set you should have attended a Talking Mats foundation training course. There is also an advanced practitioner online module for those that wish to extend and develop their practice, particularly around the Keeping Safe resource.

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