

Trafford Children's Occupational Therapy Service

Information on Home Safety

These information leaflets provide you with measures to help you to care safely for your child. Most of these items or alterations are commercially available and are not specialist equipment or adaptations and therefore cannot be provided by the Children's Occupational Therapy service. Benefits such as Disability Living Allowance (DLA) are available to meet the additional costs of a person with a disability. Parents are encouraged to use DLA to fund commercially available home safety items. The leaflets can also be used by other professionals to provide support to families needing assistance with home safety needs for their children.

Home alterations are unlikely to be a complete solution to complex challenging behaviour difficulties. It is advised that parents also use general behavioural strategies and if needs be, seek assistance from relevant professionals about behavioural difficulties.

Please also visit 'The Challenging Behaviour Foundation' website to get additional information regarding safety adaptations and other resources.

<http://www.challengingbehaviour.org.uk/understanding-behaviour/specialist-equipment-sheet.html>

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If after trying all / any of the information your child continues to be at risk then you may refer for an occupational therapy home safety assessment.

Bedroom Safety

This leaflet provides advice on how you can help keep your child with challenging behaviour safe in their bedroom.

Children with challenging behaviour may need supervision 24 hours a day, including when sleeping or playing in their bedrooms. Children may be inclined to wander at night while parents are sleeping, which could be unsafe. Furniture and toys may also need to be more durable.

General Considerations:

- Where there are difficulties with your child jumping on the bed or being at risk of injuring themselves on furniture, try a mattress on the floor with limited furniture in the bedroom.
- Limit the sensory stimulation in the room so that your child is prompted to sleep at night time. For example, limit stimulating toys in the room and use black out blinds to reduce light disturbance. **Velcro blackout blinds** are good at making the room
- Where there are incontinence issues, advice can be sought from your health visitor or school nurse services. **Waterproof sheets and bedding** that can withstand high washing temperatures may be helpful.
- **Drawer and cupboard catches** keep children away from precious, breakable and dangerous items.
- A **bed guard** can prevent your child from falling out in the night. They fold up neatly, making them easy to take on holidays.
- Window safety - It is the family's responsibility to install window restrictors and suitable window locks (push button type) as a standard feature or in the first instance of safety problems. **Window restrictors** lock a window in an open position for ventilation but prevent children from opening them any further.
- If curtains or curtain rails are regularly pulled down consider getting Velcro tab top curtains which can be easily rehung without any damage. These are available to purchase from Colourways (specialised furniture page)
- Magnetic curtain rails that pull apart under pressure and can be re-attached are available from Primera Ltd.

Examples of self-purchase options:

Incontinence products:

- **Fledglings – supplies a range of waterproof, wipe clean pillows and duvets.**
www.fledglings.org.uk 01799 541 807

- **Seenin** – comfortable and practical clothing and accessories for children and adults with disabilities. Stocks front and back opening sleep suits, vests and body suits, extra-large changing mats
www.seenin.co.uk 01434 634 457
- **Brolleysheets** – quality waterproof bed linen www.brolleysheets.co.uk 0800 917 5204
- **Clothing solutions** – registered charity that provides information and advice about how to meet the clothing needs of people with disabilities. In addition, they will adapt clothes or tailor from scratch to suit specific needs, such as using preferred fabrics or making nightwear ‘all-in-one’.
Tel: 01274 292291 Email: enquiries@clothingsolutions.org.uk Website: www.clothingsolutions.org.uk
- **Adaptawear** also offers a wide selection of adult clothing to purchase that makes getting dressed easier and less painful.
Tel: 0800 051 1931/ 0845 643 492 Email: info@adaptawear.co.uk Website: www.adaptawear.com
- **KC Sleepsuits** are specialist suppliers of sleepsuits. Tel: 01706 521 330 Email: kcsleepsuits@btopenworld.com Website: www.kcsleepsuits.co.uk
- **Window Restrictors: Jackloc window restrictors** are available in a ‘push button’ and ‘key locking’ option. Tel: +44 (0)1455 220 616 website: www.jackloc.com.
- **Velcro blackout blinds:** www.easyblindsonline.co.uk/
- **Velcro tab top curtains** : are available from Colourways Ltd. Tel : 01489 580978
<http://www.colourwaysltd.com/main.asp?sitepages=Specialised%20Features>

Beds, Surrounds and Mattresses:

- **Tough Furniture** – strong furniture for challenging care environments.
www.toughfurniture.com 01588 674 340
- **Kinderkey Healthcare** - www.kinderkey.co.uk 01978 820 714

The lists of companies provided in these information leaflets are not approved lists. Trafford Council and Pennine Care NHS Foundation Trust accept no liability with regard to any purchases from the companies listed. The list of companies provided is not exhaustive.

Stairs Safety and Safety Gates

This leaflet provides advice on how you can help keep your child with challenging behaviour safe from danger. Children with challenging behaviour may have little awareness of danger and may need a safety gate to reduce the risk of injury in the kitchen or on the stairs. Suggested reading:

www.fledglings.org.uk/images/documents/Fledglings-factsheet-taller-stairgate.pdf

General considerations

- **Your child may still require a high level of supervision on the stairs and when in the kitchen, despite safety measures being in place.**
- A safety gate should only be fitted if there is no danger of the child attempting to climb over it.
- Gates purchased from Mothercare or similar outlets are generally only recommended for children under two years of age.
- If a child is at risk of falling down stairs, extra high stair gates (1m high - sometimes called pet gates) should be used at the top and bottom of the stairs in the first instance. It is the family's responsibility to source and fit these gates. If these are not suitable then secondary doors and "boxing in" of stairs is possible if appropriate. Additional spindles or Perspex plates are possible if the child is at risk of falling or climbing over the banisters.

Examples of possible solutions

- Large dog gates are higher (around 1 metre) and more robust than a standard children's safety gate.
- Half door fitted at the bottom of the staircase, with a slide bolt fitted where your child cannot access it.
- When a safety gate or half door is not appropriate, a stable door (top and bottom half open separately) may be fitted on the kitchen or bedroom doorway. This allows you to supervise your child while keeping them safe from danger.
- A visual panel or spy hole in a door allows you to check on your child without disturbing them. The spy hole should have 180° viewing range and can be purchased at most DIY stores.
- If your child with challenging behaviour climbs they may be in danger of falling from a landing. Balustrades may need to be built up to prevent this.

Examples of self-purchase options:

- **Stair gates:** Mothercare, www.mothercare.com
- **Large 1m high pet gate:** Argos, www.argos.co.uk
- **Half door** – a full height door cut down to a suitable size: builder or contractor.
- **Stable door** - most DIY stores.
- **Door with a visual panel or spy hole** - most DIY stores

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Water Safety

This leaflet provides advice on how you can help keep your child with challenging behaviour safe around water. A child with challenging behaviour may really enjoy water but may use water inappropriately in the home, causing flooding and damage to the property. See below for ideas to minimise this risk.

General considerations

- Ensure that your child has adequate access to drinking water throughout the day, for example in the form of bottled water.
- Make sure that you do not stop your child from getting to the toilet when necessary

Examples of possible solutions:

- Inflatable tap covers.
- **Surestop water switch** - a control for your water supply.
- **Magiplug for sink or bath** – the pressure of the water above opens the plug when the sink or bath is full. These are available from various companies including Nottingham Rehab Supplies.
- Adjust the water temperature to prevent water reaching scalding temperatures. Thermostatic locks on taps to prevent water reaching scalding temperatures.
- Toilet cistern boxed in behind a wall or boxing.
- Lock for toilet seat.
- Digital door lock or ‘thumb turn euro cylinder lock’ on the outside of bathroom door.
- Slide bolt fitted high up on the outside of the bathroom door that the child cannot reach.
- Where towel and shower curtain rails are pulled off the wall, magnetic versions of rails are available commercially where the rail pulls apart from the brackets under pressure and can be easily reattached. These are also available for wardrobe rails, curtain rails and shower curtain rails.
- Sometimes when using the bath, children splash a significant amount of water due to the challenging behaviour. This can result in damage to the bathroom flooring. Where the issue cannot be resolved with behavioural input, you may need to change the bathroom flooring to one that creates a watertight seal and is safe to use in wet areas (for example Altro Marine 20 flooring), with a gully installed to drain excess water.
- Polycarbonate/safety mirrors are available where there is a risk of your child breaking mirrors.

Examples of self-purchase options:

- **Tap covers:** Surestop, www.surestop.co.uk 0845 643 1800

- **Magiplug:** Nottingham Rehab Supplies (NRS), www.nrs-uk.co.uk 0845 120 4522
- **Magnetic rails:**
 - Primera Ltd. www.primeralife.co.uk 0870 300 1810
 - Colourways. www.colourwaysltd.com 01489 580 978
- **Polycarbonate / Safety mirrors:** Tough Furniture. www.toughfurniture.com 01588 674 340
- **Safety bathroom flooring:** Altro Flooring. www.altro.com 01462 489 516
- **Kid Rapt** – child safety, www.childsafety.co.uk
- **Childalert** – child safety, www.childalert.co.uk
- **Fledglings** – advice and information for children with special needs.
www.fledglings.org.uk 0845 458 1124

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Window Safety

This leaflet provides advice on how you can help keep your child with challenging behaviour safe around windows. Children with challenging behaviour may have little awareness of danger, and measures may need to be taken to prevent them from breaking glass or jumping or falling from windows.

General Considerations:

- Children with challenging behaviour may need close supervision at all times.
- It is advisable to keep the area below windows clear of furniture to prevent your child from climbing.
- Windows may need to be kept locked while your child is in the room. When your child is out of the room the windows can be opened for air circulation.
- Councils and Housing Associations may not agree to provision of window restrictor catches as they may prevent evacuation in the event of a fire.
- Before fitting any extra locks / window restrictors, fire safety should be taken into consideration. The Fire Service is able to provide advice.

Examples of Possible Solutions:

- Glass safety film fitted on window.
- Interior window protection frame with lockable polycarbonate door. This can be sourced from Tough Furniture Ltd.
- Replacing ordinary glass with safety glass.
- Clippasafe Sliding window and door blocks
- Window restrictors and window locks (available as both push button and key operated – it is important to keep the key accessible at all times to open the window widely in case of a fire)
- If it is not possible to lock windows, an alarm can be fitted to alert you if your child opens the window. Window alarms are available from Maplin / B&Q
- For children with challenging behaviour who have a tendency to pull on curtain rails, curtains can be held up with Velcro attachments. Alternative curtain rails are available that magnetically attach so can easily be reattached.
- If it is not possible to keep curtains in place, plastic adhesive window covering to give privacy whilst letting in light area are available, for example through Kid Rapt.
- Shutters or security grills on the outside of the windows may be needed if other options have failed.

Examples of self-purchase options:

- **Glass safety film:** www.windowfilm.co.uk or most DIY stores
- **Interior window protection frame:** Tough Furniture www.toughfurniture.com
01588 674 340
- **Sliding window and door blocker:** www.clippasafe.co.uk 0115 921 1899
- **Window restrictors:** Jackloc Company Ltd. www.jackloc.com 01530 249 034

- UPVC Hardware www.upvc-hardware.co.uk 01422 343 831
- Locks on Line www.locksonline.co.uk 0845 230 0201
- Primera Life www.primeralife.co.uk 0870 300 1810
- Avenue Supplies www.avenuesupplies.co.uk 020 8997 5071
- Kid Rapt www.childsafety.co.uk 01582 493 382
- DIY stores

• **Window alarms:** Maplin www.maplin.co.uk 020 8686 6081

• **Curtains and rails:**

- Colourways Ltd. www.colourwaysltd.com 01489 580 978
- Hallis Hudson www.hallishudson.com 01772 202 202
- Primera Life www.primeralife.co.uk 0870 300 1810

• **Plastic adhesive window covering** for privacy while letting in light:
Kid Rapt www.childsafety.co.uk 01582 493 382 or DIY stores.

• **Lockable wooden shutters:** Most DIY stores.

• **Security Grills:** Building contractors, security firms, welding companies.

Suggested reading:

www.fledglings.org.uk/images/documents/Fledglings-factsheet-home-safety.pdf

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Door Safety

This leaflet provides advice on how you can help keep your child with challenging behaviour safe around doors. Because children with challenging behaviour may have little awareness of danger they may abscond from home or access rooms where they could be in danger, for example the kitchen and bathroom.

General considerations:

- It is a family's responsibility to provide suitable locks to main or external doors to prevent unknown exit of the property. Before fitting any extra locks, fire safety should be taken into consideration. The Fire Service is able to advise.
- You may wish to consider having additional locks and / or a door chain on the front door for added safety. If your child can use the key to open the door themselves, It is important that a combination key safe be used to ensure the keys are secured in a safe place and can be located quickly in the event of an emergency.
- All bathrooms should have a suitable lock with external override feature if required as standard. It is the family's responsibility to source and fit these locks. As previously noted, signposting to appropriate services to fit locks is possible.

Examples of possible solutions:

- Slide bolts, door chains and internal and external door locks.
- Door opener restrictors.
- Key safe or key cabinet to ensure that keys can be located quickly in the event of an emergency.
- Key pad door locks (also called as digital door locks) for internal doors like living room and kitchen- These ensure that only people with the security code can open the door.
- Stable doors (top and bottom half open separately)- enable the child and parent to see each other in adjoining rooms while keeping the child safe. It is not recommended to have a lock on the child's bedroom.
- Doors with a visual panel or spy holes enable you to see the child without disturbing them. The spy hole should have 180° viewing range.
- Sensors or alarms can be fitted to doors to alert you when your child has entered an area or opened a door. Door alarms are available from DIY outlets.

Examples of self-purchase options:

Door wedges, slide bolts, door chains, internal and external door locks:

- Niche Locks www.nichelocks.com 01922 473 199
- DIY outlets, for example Homebase, B&Q.

Door restrictors:

- Jackloc www.jackloc.com 01530 249 034

Key safe or key cabinet:

- The Safe Shop www.thesafeshop.co.uk 0800 432 0722

Sensors or Alarms:

- Maplin www.maplin.co.uk 020 8686 6081
- Frequency Precision www.frequencyprecision.com 01837 810 590

Pressure Mat and Pager Systems:

- Pressure Mat www.pressuremat.com 01837 810 590
- Easy Link UK www.easylinkuk.co.uk 01536 264 869
- Ridley Electronics UK www.ridleyelect.co.uk 01722 717 878

For key pad door locks, doors with a visual panel or spy hole, or for stable doors: try most DIY stores or a carpenter (for stable doors)

Suggested reading:

www.fledglings.org.uk/images/documents/Fledglings-factsheet-home-safety.pdf

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Furniture and House Fittings Safety

This leaflet provides advice on how you can help keep your child with challenging behaviour safe around furniture and house fittings. Children with challenging behaviour may need more durable, heavy furniture. Your child may tend to mouth furniture, throw and damage items and may be at risk of hurting themselves and others. Your child may also be inclined to climb on furniture.

General considerations:

- Consider minimal furniture in the child's bedroom to reduce risk to your child and damage to your furniture.
- Use of corner protectors can reduce the risk of injury to your child on sharp corners of furniture.
- Consider the layout of your furniture to reduce your child's access to high areas, windows, etc.

Example of possible solutions:

Curtains:

- If curtain rails are pulled down, curtains with Velcro tab top are available which can easily be refitted without damage to the curtain rail.
- Magnetic curtain rails pull apart under pressure and can be easily re-attached.
- Lockable wooden shutters can be used instead of curtains.

Chairs and Tables:

- Waterproof chairs with removable covers are available.
- Durable, heavy tables and chairs can reduce the risk to your child and damage to your furniture if your child tends to throw light furniture.

Wardrobes and Cupboards:

- Furniture which is fixed to the wall or floor is more secure.
- Lockable drawers can prevent your child from removing the drawers to use as a climbing frame or damaging the contents of drawers.
- Tough Furniture provides a range of furniture for challenging environments called Tough Plus.

TV and Computer Cabinets:

- Polycarbonate screen covers. Available from www.amazon.co.uk
- Video locks prevent your child from hurting themselves or damaging the video or DVD machine.
- TVs can be wall-mounted out of reach of your child.
- Solid lockable cabinets with unbreakable front panels to hold your TV, video and DVD units are available. The unit keeps the buttons, wires and electrics safely away from inquisitive children.

- Secure lockable computer workstation with polycarbonate protection screen are available.
- Sloping tops to prevent climbing on wardrobes or tall storage units (available from Tough Furniture)

Wooden surfaces and flooring:

- To stop your child from biting on wooden surfaces, such as window sills and furniture, strong plastic edging strip from DIY stores can protect the wooden surface.
- Vinyl flooring is easier to clean and maintain than carpeted flooring.

Walls and Mirrors:

- Painted walls are easy to clean and eliminate the potential for your child to strip and shred wallpaper.
- Washable paints with a protective washable finish are recommended.
- Posters, pictures and photos can be covered by a protective sheet of polycarbonate which should not crack or shatter.
- Polycarbonate picture frames are available.
- Polycarbonate/safety mirrors are safer for children who tend to break mirrors.
- Padded walls may be necessary in extreme circumstances. Padded gym mats attached to the walls with Velcro may be a successful solution.

Windows:

- Some children with challenging behaviour enjoy the sound of hitting glass. To reduce the possibility of your child from being injured by broken glass, ordinary glass can be covered with a protective window film that sticks onto the windows.
- If the window protective film is not successful, interior window protection frames with lockable polycarbonate doors are available. If necessary, windows could be replaced with strengthened safety glass.

Examples of self-purchase options:

- **Colourways:** robust furniture, www.colourwaysltd.com 01489 580 979
- **Primera:** fittings, www.primeralife.co.uk 0870 3001810
- **Tough Furniture** www.toughfurniture.com 01588 674 340
- **Intrad:** surface protection, walls www.intrad-direct.com 01707 266 726
- **Fledglings** www.fledglings.org.uk 09454 581 124
- A range of gym mats are available through companies such as www.amazon.co.uk

Suggested reading:

www.fledglings.org.uk/images/documents/Fledglings-factsheet-strong-furniture.pdf

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Kitchen Safety

This leaflet provides advice on how you can help keep your child with challenging behaviour safe in the kitchen. Children with challenging behaviour may have little awareness of danger and may need ongoing protection from harmful substances and hazardous items. You may wish to alter cupboard and door locks and handles of doors and cupboards in the kitchen for your child's safety.

General considerations

- If a kitchen is an open plan type - families can use extendable safety gates and covers (like portable screens) to try and manage the issue of kitchen access.
- Kitchens are not areas a younger child is expected to be in alone, therefore there is no extra provision for safety inside the room, and advice will be provided re: hob protectors, plug protectors, drawer, fridge and oven locks. For older children and young adults that are expected / required to be in a kitchen, an individual assessment will be required to see if appropriate adaptations are needed.

Families are expected to follow rules regarding internal doors prior to application for additional security. Lock away dangerous items in the kitchen, for example knives, medicines or dangerous liquids.

- A high safety gate or stable door at the kitchen door may be a good option, so you can keep an eye on your child and keep them safe outside the kitchen.
- Consider high door handles so that your child cannot open the door independently, or fit a loop and catch at the top of the cupboard door.
- A gas key can be used to cut off the gas supply when not in use.
- You should consider fire safety and escape routes, when fitting any locks.

Examples of possible solutions:

Locks:

- Magnetic Locks are child proof locks for cupboards and drawers. They are secure, concealed and impossible for the child to open without the magnetic key. It is also possible to deactivate the lock temporarily.
- Appliance locks prevent children from opening appliances such as the fridge, microwave and oven.
- **Cooker top guards** prevent children from accessing the cooker hobs. This will only work for smaller children.

- **Oven Guards** keep your child from touching hot oven doors.

Examples of self-purchase options:

- Fledglings – advice and information for children with special needs.
www.fledglings.org.uk 0845 458 1124
- Kid Rapt – child safety www.childsafety.co.uk 01582 493 382
- Child Alert – child safety www.childalert.co.uk
- Safe Tots – child safety www.safetots.co.uk 01438 728 888
- Plug Lock – plug socket cover www.pluglock.co.uk 01535 646 071

Suggested reading:

www.fledglings.org.uk/images/documents/Fledglings-factsheet-home-safety.pdf

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Gas, Radiators and Exposed Pipes Safety

This leaflet provides advice on how you can help keep your child with challenging behaviour safe around gas, radiators and exposed pipes. Children with challenging behaviour may have a reduced awareness of danger. They may be at risk of burns or injuries from sharp corners.

The family may be exposed to noise when radiators and pipes are hit. If pipes are banged continuously over a period of time the joints can become loose and hot water may start to leak. Gas switches need to be secure from children who may turn on the gas, putting the family at risk.

General considerations

When employing a tradesman for gas works, it is advisable to use a qualified gas fitter who is registered on the Gas Safe Register. www.gassaferegister.co.uk 0800 408 5500

Examples of possible solutions

Radiators:

- Rearrange furniture to reduce access to the radiator.
- Radiator covers and guards can be purchased. These are made from padded material that protects children from the heat of the radiator and from sharp edges.
- Radiators can be boxed in with purpose made radiator covers (metal or wooden) to reduce the danger of burns and to limit the amount of noise if they are hit.
- Low surface temperature radiators are available to replace standard radiators.

Water Pipes and Cisterns:

- Water pipes can be boxed in by a reliable carpenter or plumber.
- Toilet cisterns can be concealed to prevent your child from opening and accessing the cistern water. This can help to hide the toilet pipes.

Gas:

- Gas isolation switches enable you to switch off the gas with a key. This stops the flow of gas through to the appliance, for example the cooker or fire when not in use. Ensure that the gas switches are out of reach of your child or locked away.

Fire Guards:

- Fire guards can be fitted wherever there is an open fire. Fireplace guards are simple to fit and come in a variety of sizes to fit most fireplaces.

Smoke and carbon monoxide alarms:

- These provide vital early warning and extra time to escape in the event of a fire or gas leaking. Ensure that the alarms and batteries are in working order on a regular basis.

Examples of self-purchase options:**General Child Safety:**

- **Safetots** - child safety www.safetots.co.uk 01438 728 888
- **Kid Rapt** - child safety www.childsafety.co.uk 01582 493 382
- **Access Ability Centre**, 28 Boulogne Road, Croydon 020 8664 8860

Plumbing Stores:

- Stores such as Argos, Homebase, Wickes, B&Q.
- **Screwfix** www.screwfix.com 0500 414 141

Radiator Covers:

- **Coverad** www.coverad.co.uk 01256 844 685
- **Jtech Services** www.jtechservices.co.uk 01952 404 352
- **Radshield** www.radshield.org.uk 01760 724 444
- **Yorkshire Radiator Covers** www.yorkshireradiatorcovers.co.uk 01427 875 637
- **Premier Radiator Cabinets** www.premierradiatorcovers.co.uk 0151 933 0070
- **Guardzman Products** www.radiator-guards.co.uk 01782 717 818

Greater Manchester Fire & Rescue Service offers free home fire safety visits. You can contact them to request fire safety advice or a home visit. www.manchesterfire.gov.uk for more helpful advice.

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Electrical Safety

This leaflet provides advice on how you can help keep your child with challenging behaviour safe from electricity. Children with challenging behaviour may have a reduced sense of awareness of danger. If electric appliances or electrical sockets are tampered with there is a great risk to your child's safety.

General considerations:

- When employing a tradesman for electrical works, it is advisable to use a qualified electrician who is registered with NICEIC, which maintains a register of qualified, competent electricians. Contact via www.niceic.com or 0870 013 0382.

Examples of possible solutions & self-purchase options:

Lighting

- Stainless steel electrical sockets with lockable fronts are available from most electrical suppliers.
- Dome-type ceiling light covers instead of pendant lights are safer.
- Light switches can be located outside the room, if necessary.

Electric sockets

- Plug-in socket covers are readily available.
- Plastic covers that fit over the entire electrical fittings of a light switch or socket are available from Fledglings website. It is then impossible to switch on the light or the electrical appliance without opening the cover.
- Plug sockets can be recessed into the wall by a certified electrician.

Electrical Products

- DVD and Digibox protectors (e.g.Clippasafe DVD and DigiBox Protector) are covers that help to restrict your child from gaining access to your electronic equipment.
- TV screen protectors can protect your TV from sticky fingers, crayons and damage from items being thrown at it.
- Strong, lockable TV cabinets with unbreakable front panels can house your TV, DVD, and other units to keep the buttons, wires and electrics safely away from inquisitive children. Some can also be wall mounted.
- A cable tidy is a protective sheath that is designed to encase wires and cables. This prevents children from being able to chew or pull on wires.
- A cable bridge is a range of ridged plastic cable bridges that can be fixed to floors, walls or desks using screws or double-sided tape.

Examples of Suppliers:

- Safetots www.safetots.co.uk 01438 728 888
- Child Alert www.childalert.co.uk 07973215407
- Plug Lock www.pluglock.co.uk 01535 646 071
- Maplin www.maplin.co.uk 020 8686 6081
- Kiddacare www.kiddacare.com 0871 781 7000
- Fledglings www.fledglings.org.uk 0845 458 1124
- Kid Rapt www.childsafety.co.uk 01582 493 382
- Plug Lock: plug safety covers www.pluglock.co.uk 01535 646 071

Suggested reading:

www.fledglings.org.uk/images/documents/Fledglings-factsheet-home-safety.pdf

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Outdoor Safety

This leaflet provides advice on how you can help keep your child with challenging behaviour safe outside. Children with challenging behaviour may have little awareness of danger and may need a form of safety restraint to protect them when outdoors.

General considerations

- Children with challenging behaviour should be closely supervised at all times when outdoors.

Examples of possible solutions and self-purchase options:

Walking reins, harnesses or wrist strap:

- Reins may not be sufficient for some children who could be safer using a buggy or wheelchair. If your child does not meet the eligibility criteria for provision of a buggy / wheelchair from the local wheelchair service, charities like **Newlife Foundation** can be contacted to access Buggies or wheelchairs. Examples of suppliers:
- **Crelling** – walking reins, harnesses and straps. Crelling offers a sale or return facility to allow for a 14 day trial period. If the equipment is not returned they will send an invoice. If it is returned there is a charge for postage and packing.
www.crelling.com 01253 852 298
- **Adventure Belt** – www.adventurebelt.co.uk
- **Fledglings** – walking reins attached to a back pack. www.fledglings.org.uk 0845 458 1124

Short term wheelchair loan:

- Please contact the following for details:
 - <http://www.manchesterwheelchairhire.co.uk/> tel 0808 108 5678
 - Red Cross, Salford – 0161 794 9022
 - Red Cross, Stockport – 0161 427 8366

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Garden Safety

This leaflet provides advice on how you can help keep your child with challenging behaviour safe in the garden. Children with challenging behaviour have a reduced awareness of danger and they may be at risk of absconding from home garden areas. Your child may need additional or altered fencing and secure gates to enable them to play safely in your garden. The garden can be a useful outlet for extra energy.

General considerations:

- **Your child may still require a high level of supervision in the garden despite suitable safety measures being in place.**
- It is the family's responsibility to ensure the garden area is risk free for a child's use, provision of gates or fences are not possible under a minor adaptation. If access to the garden area is problematic then application for grab rails or a means of providing wheelchair access can be made. It is possible that installing a ramp to the garden area will need to be made under a major adaptation rather than a minor.
- Trampolines and punch bags can be a useful outlet for extra energy.
- Suitable door locks to external doors may resolve difficulties in order to ensure that your child is only in the garden when closely supervised.
- Consider maintaining security of your property when making any alterations.

Examples of possible solutions

Fencing:

- Consider having large plants along the fence to deter your child from climbing the fence.
- Large wooden boards could be fixed to the inside of the fencing to cover up arris rails (horizontal fencing support rails) to reduce climbing risks.
- Fencing that generally helps to prevent children from leaving a garden needs to be around 2 meters or 6 feet high with the arris rails on the outside. This reduces the chance of your child using the arris rail to climb over the fence.
- Please note that planning permission may be required for rear garden fencing higher than 2 meters or 6 feet. There are also limitations on the height allowed for front garden fencing.
- Be aware that trellises on top of fencing may increase the height of the fence but are often not very secure, and could fall should your child try to climb over it.

- Sensors or alarm systems along the top of the garden fence or on external door openings may be useful. A pager could be used to alert you to your child attempting to climb over the fence or opening an external door.

Garden Gates:

- Where there is a risk your child will leave through the garden gate, ensure that the gate has a lockable form of security that your child cannot access. A sliding bolt with a padlock could be used on metal gates. A double sided digital door lock can be used to secure a wooden side gate.
- Spring loaded gates may help ensure that the gate is not left open.
- You may be able to secure a large wooden board across the gate to cover arris rails (horizontal support rails) where your child may be using them to climb over the gate.

Manhole Covers:

- If your child is lifting the manhole cover, put a large pot plant on top of the cover to deter them.
- Weighted and lockable manhole covers are commercially available from builders' merchants.

Examples of Suppliers:

- Contractors for carpentry works, such as fencing.
- Building merchants for lockable manhole covers.
- Sensors and Alerts:
 - Frequency Precision www.frequencyprecision.com 01837 810 590
 - Tunstall Group Ltd. www.tunstallgroup.com 01977 661 234
 - Sensorium www.sensorium.co.uk 0800 056 5454
 - Easy Link UK www.easylinkuk.co.uk 01536 264 968

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Vehicle Safety

This leaflet provides advice on how you can help keep your child with challenging behaviour safe in vehicles. Children with challenging behaviour may have little awareness of danger and may need additional car seat restraints or specialist car seats to keep them safe while travelling in a vehicle.

General considerations

- It is not safe to hold a child on your lap, even if you are using a seat belt. If the vehicle is involved in an accident the child could be injured. It is legal requirement for all passengers to wear passenger restraints.
- When a child has an additional restraint the carer and passengers in the vehicle should be aware of how to unfasten it in the event of an emergency.
- Always ensure that car seats are correctly fitted in line with the manufacturer's instructions.

Examples of Possible Solutions

- Buckle guard – BuckleSafe™ is a guard that prevents children from undoing seatbelts in cars. www.bucklesafe.co.uk
- Harness used in conjunction with the vehicle seat belt. Some harnesses are specifically designed for children with challenging behaviour. Crelling offer a sale or return facility to allow a 14 day trial period. If the harness is not returned they will invoice for the goods. If the harness is returned there is a charge for postage and packing. www.crelling.com tel - 01253 852 298. **Crelling strongly recommend that a seat belt cutter is kept in the vehicle when the harness is fitted with A Steel Safety Buckle** – a simple but effective device for ensuring the occupants of a car are able to exit quickly and safely, particularly in the overturned car.
- The Unisafety Easy Travel Magnet Harness is worn like a waistcoat and has a special magnetic key used by the parent or carer. Tel -01457 820 684 http://www.windmillspecialneeds.co.uk/html/vehicle_harnesses.html
- Specialist car seats with a swivel base and 5-point harness can be purchased and suit children up to about twelve years of age. www.incarsafetycentre.co.uk tel - 01908 220 909

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Sensors and Tracking Devices

This leaflet provides advice on how you can help keep your child with challenging behaviour safe in your care. If there is a risk that your child will leave your care due to a reduced awareness of danger, you may need to consider sensors. These can alert you that your child has gone somewhere where he or she is not safely supervised. Tracking devices may also be helpful.

General considerations

- **Sensors and tracking devices do not replace the need for appropriate parental supervision.** The alarm systems need to be checked regularly to ensure that they are operating effectively. Batteries need to be replaced on a regular basis. Ensure that the pagers & sensors are placed out of reach of your child.

Examples of possible solutions

- **Sensors** can be in the form of door opening sensors, window opening sensors, pressure mats to monitor access to doors, and sensors along the tops of fences, gates or walls. The sensor sets off an alarm or alerts a pager system when triggered.
- **A tracking device or personal locator** is attached to your child and the pager alert remains with the parent or carer, who is alerted when your child has gone outside a set limit range. Examples of suppliers:

Sensors:

- Frequency Precision, www.frequencyprecision.com 01837 810 590
- Tunstall Group Ltd., www.tunstallgroup.com 01977 661 234
- Sensorium, www.sensorium.co.uk 0800 056 5454
- Easylink Electronics, www.easylinkuk.co.uk 01536 264 968

Trackers and personal locators:

- HEREO – www.hereofamily.com
- Buddi - www.buddi.co.uk 0871 423 8756
- TRAX – www.traxfamily.com
- Pocketfinder – www.pocketfinder.com
- Weenect for kids – www.weenect.com/en

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OCCUPATIONAL THERAPY HOME SAFETY REFERRAL GUIDELINES:

Guidelines for provision

- The child/young person must have a permanent and substantial disability (e.g. Learning Disability, Autistic Spectrum Disorder, significant mental health issue)
- The behaviour must be of a significant nature and a longstanding issue, resulting in a significant safety risk to the young person.
- The provision of equipment or an adaptation is essential to overcome a safety issue directly related to the young person's disability & is not readily available on the market.
- General behavioural strategies have been used and have not been successful in reducing the behaviours.
- If considering a referral please ensure that if your home is rented your concern is not related to a repair issue which can be fixed through your landlord / Housing Association.

Exclusions

- Provision will not be made in cases where the behaviour may be causing a disruption but there is no safety risk to the young person.
- The provision is not of a type which a parent would usually be expected to provide for a child of that chronological age.