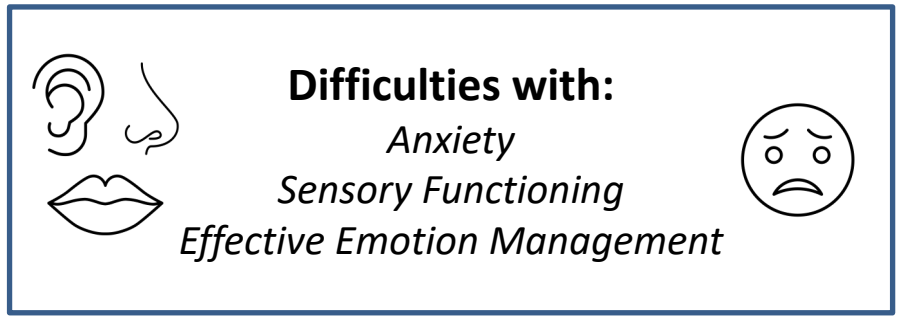


Practical, environmental and communication adaptations to becoming a more Autism friendly service

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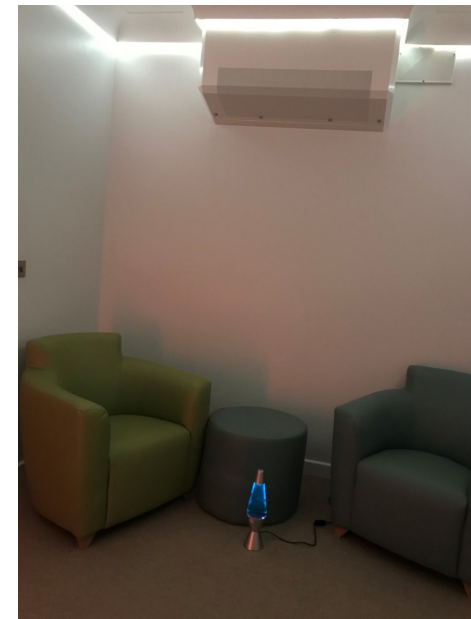
INPATIENT DINING ROOM



- Overstimulating
- Cluttered
- Unnecessary furniture

- Re-decorated
- Neutral, calm and soft
- Place and purpose
- Patient input and feedback

DAYCARE SERVICE



Communication Self Help Tools

- Optional Strategies, see what works for you!
- We offer **every** patient the opportunity to use them.
- Bring your own stress relief items.
- Other strategies may be supported, if care planned.
- We support patients to use their voice, but these tools are also there as an option.



Do you feel like talking?

	Green = GO	I feel like talking
	Amber = CHECK	I might feel like talking if I know you or am interested in the conversation
	Red = STOP	I do not feel like talking



CHANGE
the Conversation

How you can help me cards





I find it helpful in the dining room when staff ...

- 1).
- 2).
- 3).

I find it more difficult in the dining room when staff ...

- 1)
- 2)
- 3)

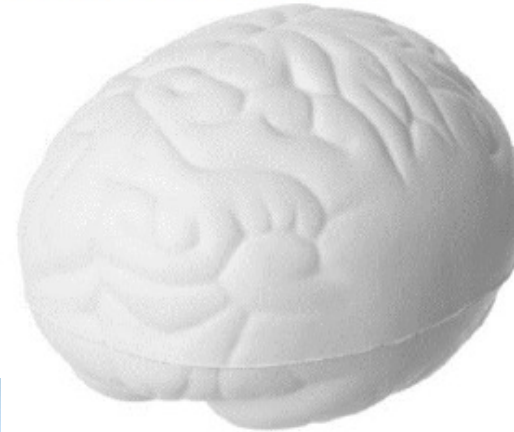
 Helpful	Unhelpful 
Chat to me about ordinary subjects to distract me	Saying "well done" when I manage to complete because it makes me feel more guilty.
Tell me I can do it and to keep going	Leaving me in silence with my thoughts
Encourage me to look at my motivational placemat	Asking me lots of questions
Ask me about my life outside hospital to remind me why I am doing this	Staring at me eating without talking to me
Let me eat in silence so I can concentrate and complete in time	Asking me if I have done anything interesting as it reminds me I am stuck in hospital
Remind me I want to work on not separating food and encourage me to try	Giving me/my anorexia too many choices about my meal, I need boundaries
Talk to me about my love of ... (gardening; music; animals etc.)	Please don't comment on the food in detail or ask what I am eating
Encourage me to problem solve if I encounter an obstacle	Telling me I should feel proud
Remind me of my bigger picture goals for life	Asking about my admission history or how long I have been here
	Too much conversation about physical activity

Sensory Tools

Too much noise?



Fidgety Fingers?



Sensory Summary

Mark where you think you are on the below scales. Hypersensitivity means you are highly sensitive to sensations and may try and avoid them where possible; hyposensitivity means you have lower sensitivity and may try to seek out these sensations. There are examples below each scale. If you think you are neither hyper/hyposensitive and have no sensory differences, mark yourself in the middle as a 5.

Taste

0	1	2	3	4	5	6	7	8	9	10
(Hyposensitive)					(No sensory differences)					(Hypersensitive)

If I am hyposensitive, I might add lots of salt to my food to make it taste stronger. If I am hypersensitive, I might prefer to eat bland foods as I find them too strong.

Smell

0	1	2	3	4	5	6	7	8	9	10
(Hyposensitive)					(No sensory differences)					(Hypersensitive)

If I am hyposensitive, I might not notice strong smells and enjoy smelling essential oils. If I am hypersensitive, I might dislike smelly places like a canteen and find smells overpowering.

Vision

0	1	2	3	4	5	6	7	8	9	10
(Hyposensitive)					(No sensory differences)					(Hypersensitive)

If I am hyposensitive, I might really like watching bright light displays. If I am hypersensitive, I might prefer to have lights dimmed or turned off.

Sound

0	1	2	3	4	5	6	7	8	9	10
(Hyposensitive)					(No sensory differences)					(Hypersensitive)

If I am hyposensitive, I might turn my music up loud and dislike silence. If I am hypersensitive, I might dislike loud spaces and put my hands over my ears.

Touch

0	1	2	3	4	5	6	7	8	9	10
(Hyposensitive)					(No sensory differences)					(Hypersensitive)

If I am hyposensitive, I might enjoy rubbing my hands on soft fabric or a soft toy. If I am hypersensitive, I might dislike and avoid touching certain fabrics.

Contributed by Emma Kinnard (PhD Student- PEACE Pathway) peacepathway.org



Texture

0	1	2	3	4	5	6	7	8	9	10
(Hyposensitive)					(No sensory differences)					(Hypersensitive)

If I am hyposensitive, I might really enjoy the feeling of certain food textures in my mouth (such as liking crunchy food). If I am hypersensitive, I might strongly dislike and avoid eating certain food textures (such as mashed potato).

Communication Passport

The **communication passport** is a unique individual wellbeing record, designed to provide healthcare professionals with important information about the patient, with a focus on their communication and sensory needs.

Date completed: _____

PEACE
Pathway for Eating disorders and Autism
developed from Clinical Experience

My Communication Passport

HELLO
MY NAME IS

How I would like you to communicate with me:

1. I prefer things printed off/ written down please
2. I prefer contact via email rather than phone
3. It is helpful if you introduce yourself by your name and title

Sensory needs:

1. I really cannot cope with too much noise, conversation very well
2. I get really panicky if I am hot
3. I do not like strong smells (e.g. perfume)

My special interests and strengths are:

Creativity, Music and Art

Other things you should know about me:

1. I like to know plans in advance
2. I often find being around others for long periods very exhausting
3. On a 1-1 level I can talk quite confidently however I can analyze and criticize myself and what I have said for days or weeks after.

My dislikes and things that I struggle with and how you can support me:

1. I can't cope with sudden changes or unexpected things
2. Crowded spaces, please give me space where possible
3. I find small talk very challenging

Main message that I would like you to know:

A lot goes on in my mind and my mood can switch quickly

You can support me by:

Not making assumptions and checking in with me

KING'S College LONDON
The Health Foundation
South London and Maudsley NHS Foundation Trust
NHS
Maudsley Charity
Backing Better Mental Health.

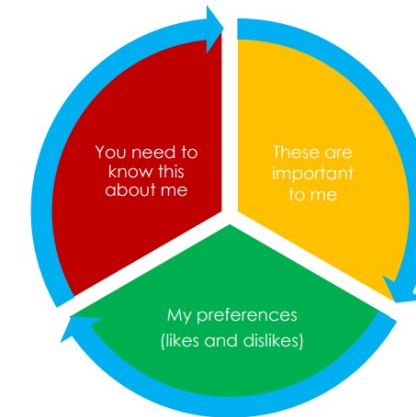
Contributed by Yasemin Dandil (Project Manager - PEACE Pathway)

Extended Communication Passport

- All about me
- Sensory Wellbeing
- My Positive Behaviour Support Plan (PBS)
- My Wellness Recovery Action Plan (WRAP)
- Relapse Prevention Plan
- My Preferences (likes and dislikes)
- My Goals (SMART)
- Other things that I would like you to know about me

My Wellbeing Communication Passport

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People who care for my wellbeing this communication passport has important information about me.
Please make sure you read this before you help me.

This communication passport needs to stay with me but please take a copy for my file.

Implementation and Awareness

- Introductory session at point of admission where patients are provided with all communication tools.
- Patient welcome pack & staff induction
- Focus group with patients, every three months to discuss new ideas/ feedback.
- Written materials and clear signposting for staff and patients.
- Enabling culture change

Communication tools for the dining room

Look out for patients using these cards to communicate their support needs

What is helpful to one person may not help another. Patients have cards like this to let staff know what support is helpful for them



If a conversation around the table becomes difficult or unhelpful patients can lift or point to a card like this so that others are aware and change the conversation.

CHANGE
the Conversation



Do I want to talk?



All patients also have copies of these speech bubbles to help to show if they feel like chatting at the moment.

Thank You!
Any Questions?

Email: Oyenike.Oyeleye@slam.nhs.uk

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