

Creative Care Limited

Designed and carefully  
Handmade in Yorkshire



## Additional notes for Occupational therapists.

- Safe & Sound Pods
- Independent case study
- Funding
- New Travel version

Low stimulus Pods helping to improve sleep, lower stress and provide safe havens.

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## Safe & Sound Pods

The Safe & Sound pod is a versatile, durable, custom made robust piece of equipment. It creates a space/room where children can feel safe and be safe. It can reduce the risk of injury and eliminates hard edges and surfaces from the home environment.

The quiet space can support children with severe learning difficulties, very complex needs, autism, profound and multiple difficulties, epilepsy, sensory processing difficulties and challenging behaviour.

The safe, sleep pods can be multi-functional and flexible and can offer a sanctuary for users. It is a low stimulation environment where the user can extend their emotional stability. It has been frequently noted that users actually request or remove themselves from busy, noisy, normal family life to spend time in their safe area.

We encourage the family or carer to work closely with their occupational therapist or other health professionals to ensure there is a planned strategy for the proper and safe use of this product as well as developing programmes to use the equipment to support the individual e.g. sensory processing activities, intensive interaction and positive behaviour strategies.

### Uses

- It is a low stimulation space for users to sleep, have a quiet time, to cool down or calm down. To have time to think, reflect, listen without distraction.
- Users can request a "break" in their Pod if they are becoming agitated. (Child initiated).

- Its existence can reduce the need for any physical interventions that may be needed. It can reduce the risk of injury to self or others in times of crisis. There are no hard edges or surfaces and the enclosure can offer a sense of security and predictability.
- It can be a sanctuary/space to distract, prevent and avoid the risk of reactive responses in a crisis.
- It can be used as a Therapy or Sensory space.
- Part of a reward system.
- Sensory area
- Learning / Teaching space
- Sensory processing activities
- Safe play area
- Massage
- Physio programmes
- Intensive interaction
- Visual stimulation
- Safe room. The personal space can be part of a proactive positive behaviour plan that can promote self-regulation and communication.

### Features

Our Safe & Sound pods can be flexible, lighting and sensory stimulation can be added or removed as needed and access can be adjusted. It can be easily moved to different rooms or a new house at little or no cost. It was designed to be flexible it, creates a light, airy,

quiet space that is attractive. Resources can be added internally and externally to provide either a low or highly stimulating space. It can be maintained easily and cost effectively and professionally cleaned if necessary.

The pods can be made light and airy or dark and cosy and magnetic blinds can be attached at night.

### Accessories

- Soft mattress in various grades of firmness and types of cover
- Padded corner covers in a range of designs
- Magnetic blinds
- Water resistant seams
- Netting Roof

### Who is it for?

- People who need their own personal soft space
- People who have lots of movement & strength but little sense of danger
- People who may be at risk of injuring themselves
- People who are in a crisis. Its robust flexible sides can be kicked, punched and head butted. Its construction ensures no contact with hard surfaces.
- People with sensory processing needs
- People with limited mobility who can practice moving independently and safely
- People who are at risk of falling.

### Risk Assessment

We advise that outside of normal sleeping hours the user of our Safe & Sound pods should have appropriate levels of supervision and should NEVER be left unsupervised for extended periods or left in the house unattended.

In addition we recommend that the health care professional recommending these products ensures that the family or carers are capable of supervising the user in a proper manner in regarding its appropriate use and in the care of the equipment by ensuring that the user does not take sharp items etc. into the pod.

**Appropriate levels of supervision at all times are required.**

# Independent case study

We recently supplied a batch of our Travel Pods to Newlife charity. Newlife uses these to test if the concept of a Safe & Sound Pod will work for that situation before funding a more permanent version.

Two of these Travel pods were loaned to a family with 6 year old Autistic twins. To test how well these pods work, the families OT asked the family to start a sleep log and keep a diary before the Pods were delivered and for several weeks after.

We know from our customers feedback that these products can make a dramatic difference to a lot of families but it was very nice to see it all in black and white. The benefits to both the children and their family were highly significant on many levels, also the cost savings in the long term are massive.

This case study has now been successfully used to obtain council funding for a permanent version.

With the kind permission of the Professionals involved in compiling this detailed study a copy of it can be download from our website.

We hope that this report can help you obtain funding from your local funding body and we would welcome any other case studies to enable others to obtain this life changing equipment.

# Funding

As council funds become more and more difficult to access OTs need to fight for every piece of equipment. We hope that the case study will help you make the best case for funding especially when one considers the cost savings that can be made in the long term. Unfortunately these savings are normally on someone else's budget and thus not of interest to some less enlightened funding bodies.

To help your case we can offer you the following possibilities :-

- Full PowerPoint presentation of the independent case study.
- Demonstration of a Safe & Sound Pod for your funding body. We can often come and show our Pods and answer any questions you may not be able to answer.
- Newlife charity and a few councils use our travel version to trial the concept before buying a permanent version, since our travel version is the lowest priced bed of it's type this is a very cost effective way to prove that this equipment will work.

If none of this will work with your local funding body we work closely with several charities who have provided funding for many of our products. Like all funding bodies you will need to show them the following:-

- Methods you have tried before looking at our equipment ( behaviour modification, stable doors etc)
- Evidence that state funding has not been made available.
- A pro-forma Invoice for our equipment.

Once you have all this information we would suggest the following charities:-

- Newlife [www.newlifecharity.co.uk](http://www.newlifecharity.co.uk) one of the best funders we know.
- Cerebra [www.cerebra.org.uk](http://www.cerebra.org.uk)
- Elifar [www.elifarfoundation.org.uk](http://www.elifarfoundation.org.uk)
- Lifeline 4 Kids [www.lifeline4kids.org](http://www.lifeline4kids.org)
- Caudwell Children [www.caudwellchildren.com](http://www.caudwellchildren.com)
- Children Today [www.childrentoday.org.uk](http://www.childrentoday.org.uk)

# TRAVEL POD



Stylish, tough but lightweight and very compact, our new travel version offers the chance to reduce the stress when visiting relatives, going on holiday or staying at respite.

Whilst the travel pod is intended to provide a solution to the difficulties of visiting and traveling, we can also supply a wipe clean textile and a fitted mattress to enable it to be used in the home for those that only need a simple safe bed. It can also be used for testing the concept before ordering a permanent version.

## Specification:

Travel is suitable for children and adults up to a maximum of 80KG, for those with challenging behaviour likely to use physical force a stability kit will be required.

External Size: 'Travel' needs a minimum floor space of 216cm x 103cm and height in excess of 178cm .

Internal size: Bed area measures 192cm x 84cm Height 145cm

Packs into two transport bags designed to fit a medium size car (Fiesta) boot.

Fabric bag: 25cm Dia x 100cm long Wt 10kg

Frame bag: 28cm Dia x 100cm long Wt 15kg

**Read the review by Cerebra.org :-**

<http://www.cerebra.org.uk/news/Pages/ProductReviewTravelPod.aspx>