

COMPLEX CARE NEEDS TEAM BULLETIN



Team contact

As lock down continues we are aware that time at home may become more challenging for you and your child(ren). Your worker will continue to have regular telephone contact with you, but please let them know if you have any support needs or if you just feel like having a grown up chat. We want to know how we can support you during this difficult time, so please be honest about how you are managing.

Fun ideas to try at home

- **Texture book** - Make a texture book using different textures – like wall paper, sand paper, bubble wrap, washing scourers, foam wash cloth etc.
- **Dance competition** - Put on music and have a dance competition!
- **Dress yourself** - Using either a large piece of card or lining paper, draw around each other to create life-size figures. Then cut up old clothes to dress your portraits up.
- **Sensory flour games** - Mix corn flour and water together and it makes a great sensory play tool. You can also try putting flour into a plastic bag and adding some food colouring - as it gets squished round it will change colour.
- **Sensory indoor tray play** - Use a plastic box filled with different things, like dried beans, sand, shaving foam, even toothpaste, for sensory play.
- **Matching pairs' game** - Use a digital camera to photograph and make your own matching pair cards. These could be of your dog, your home, or family.
- **Favourite memories scrapbook** - Use a camcorder or camera phone and make a scrapbook to record special moments when you are out and about (whilst observing social distancing) or doing activities in your home, that you can look at together at the end of the day.
- **Smelly socks game** – Making sure to use some old socks, scent cotton wool balls with a variety of different smells like tea, coffee, lemon, apple, tomato ketchup etc. When the cotton balls are dry, put them in the socks, tie them up with a ribbon, and play a game of 'guess the smell'.



Updates on exercise out of the house

New advice from the government states that those with specific health conditions, such as individuals with learning disabilities or autism who “require specific exercise in an open space two or three times each day”, are permitted to do so.

This outdoor exercise should ideally be in line with a care plan agreed by a medical professional.

However, in order to reduce the spread of infection and protect those exercising, travel outside of the home should be limited, as close to your local area as possible, and you should remain at least 2 metres apart from anyone who is not a member of your household or a carer at all times.

Please note that the team are happy to write supporting letters for families to keep in their car to help explain family circumstances. Speak to your worker about this.

Managing challenging behaviour

We know that many children and adults find changes to their routines very difficult. Given current circumstances an escalation in challenging behaviour is likely. Therefore, it may be helpful to think about the following if you begin to see a change in the behaviour of your child:

1. Have they developed any physical health problems?
2. Are there any environmental changes? Is it noisier, hotter, or busier?
Can changes be made to this?
3. Try to let your child have as much control as appropriate e.g. how much to do of something or where to do something.
4. Consider how you might introduce a new routine. What activities could you introduce?
Make sure you consider the feasibility of the activity on a daily basis as it is important that a new routine is followed through in the same way each time.
5. Provide as much free access to things they enjoy. Remember, these are short term changes to accommodate a crisis.
6. Consider reducing demands and expectations. E.g. Usually they may be able to do XX independently, but may need more support now given different circumstances.
7. Ask for external help and advice. Contact your child’s school or social worker. They may be able to give advice over the phone.
8. Look after yourself. Being at home with family members for a long period is hard and challenging behaviour makes this even tougher. Can someone else step in? Can you have time out after an incident? Can you discuss it with someone else? Do you have a “phone buddy” who will listen? Plan breaks for yourself and take them even if the situation appears calm.



Advice adapted from Challenging Behaviour Foundation



Health advice for parents during coronavirus

We know everyone cares about the NHS and all of the other key workers doing their part to help right now. You might have even joined in on a thank you clap!

Whilst coronavirus is infectious to children it is rarely serious. If your child becomes unwell it is likely to be non-coronavirus related.

However, if you have a genuine health problem you don't need to be frightened about seeking help.

It's important to get the help needed, and don't wait for things to get worse.

So if you/your child(ren) feel unwell, or have a temperature, pain, wound, or are just worried about any symptoms, NHS 111, GPs, and hospitals are still providing the same safe care that they have always done.



Useful websites

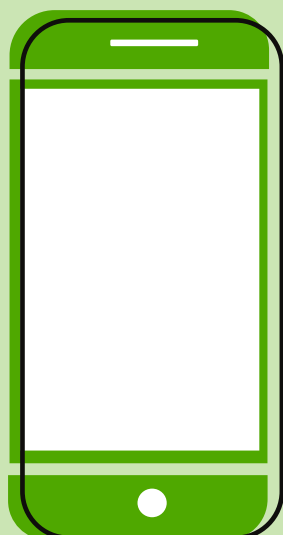
Handwashing Rap for children with disabilities: <https://vimeo.com/134952598>

ITV signed stories: <https://www.signedstories.com/>

Twinkl SEND resources: <https://www.twinkl.co.uk/resources/specialeducationalneeds-sen>

Child line calm Zone: <https://www.childline.org.uk/toolbox/calm-zone/>

Singing hands on YouTube: <https://www.youtube.com/user/SingingHandsUK>



Contact Us

When contacting the Complex Care Needs Team, please use **complexcare@wakefield.gov.uk** and remember to copy in your social worker.

If you prefer to receive this bulletin by email, please contact the team via the email.

The Complex Care Needs Team will continue to be working and are contactable on **01924 302124** Monday - Thursday 8.30am – 5.00pm, and Friday 8.30am – 4.30pm. Individual social workers will share their contact details with you.