

FACT SHEET

Best Practice Guide For Home Use



The Safespace

The 'Safespace' is a multi-purpose safe room. It is designed for adults and children with complex needs, who would be unsafe in, or at risk from hard surfaces in, an ordinary room.

What can a Safespace be used for?

- Sleep
- Play area
- Low sensory calm space
- Sensory room
- As a tool to support self-management of behaviours of concern

Before using a Safespace consider the following:

- ❑ How to introduce the Safespace to your child. We understand that some children may find change difficult. Try to ensure the Safespace is introduced carefully so it feels like a safe, welcoming environment. Soothing music or sensory lighting may be used if this would be safe and appropriate.
- ❑ How the Safespace is going to be used. It may be beneficial to discuss this with your healthcare or education professional before it is installed and make a plan.
- ❑ Identify what you are hoping to achieve from using the Safespace. If you are aiming to improve sleep for example make a note of how long your child is sleeping prior to installation and afterwards. Then you will be able to see how effective it is.
- ❑ Include how the Safespace will be used in your child's behaviour support plan. If you would like an example template, please get in touch.
- ❑ If the needs or behaviours of the Safespace user change over time we recommend that a reassessment of needs or new risk assessment is arranged with your healthcare professional.
- ❑ If you are using the Safespace to provide a calming environment or to support self-management of behaviours of concern you might find it helpful to hear Jill Tierney from Millwood school talking about her experience. [Click here to view.](#)
- ❑ If you would like to see how the Safespace has helped transform Hannah's family life in ways they never thought possible take a look at their story. [Click here to view.](#)

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A Safespace should not be used for the following:

- As a substitute for inadequate supervision
- An unplanned or informal restrictive practice
- Any intervention which is not regularly monitored
- As a storage area – The minimum 25cm gap around the outside is essential for keeping the user safe and objects should never be stored within its immediate vicinity.

Further Resources

Challenging Behaviour Foundation - www.challengingbehaviour.org.uk

The Sleep Charity - www.thesleepcharity.org.uk

National Autistic Society - www.autism.org.uk

Autism Society - www.autismsociety.org

MENCAP - www.mencap.org.uk

NDIS: Behaviour support and restrictive practices - www.ndiscommission.gov.au/rules-and-standards/behaviour-support-and-restrictive-practices

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