



## Hill House Guidance on keeping safe in the home

At Hill House we recognise that some of our young people need help, support and guidance to keep themselves safe

Many of our young people have little or no sense of danger or of what could cause them harm

Before arriving at Hill House, many young people have not had the opportunity to learn the skills needed in order to keep themselves safe

When a young person feels dysregulated, they may find it hard to relate to the world around them, this includes their immediate environment. Objects and belongings left out can cause anxiety and confusion. There may be a risk of harm to themselves and to others should a young person pick up an item when they are not in the Green Zone or attempt to use an item in the wrong way

This could include harm caused by kitchen equipment and sharp items, harm caused by digesting toiletries or cleaning products and harm caused by being able to leave the Hill House site and walk onto the busy main road which is close by

Hill House works hard to ensure that all young people are kept safe

We also consider and balance this with opportunities to teach our young people how to stay safe and how to interact with their environment in a safe way. We want to support our young people to develop independence and confidence and prepare them for adulthood

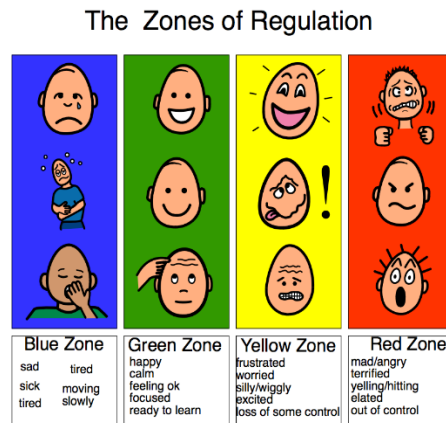
### Individual risk Assessments

Each young person has an individual risk assessment. This enables us to assess the risk for each young person and implement any measures that are needed to keep them safe

These are reviewed on a regular basis and the aim of the risk assessment is to always work towards the least restrictive environment possible and open up the environment for the young person if we can

This needs to be done in a planned and measured way and can take some time

## Zones of Regulation



Young people learn how to identify how they are feeling and learn self – regulation skills

They are supported to identify which zone they are in and have individual strategies in their `Zones of Regulation Toolbox`

Young people learn about `clever actions` which help them to feel regulated and able to stay safe. This includes learning how to stay safe in their environment

## Hand Under Hand Support

Hand under hand support encourages learning, choice and independence



## The Hill House Curriculum and Accreditation opportunities

Young people learn how to stay safe and learn how to navigate their environment

They learn independent and vocational skills which enables them to manage their belongings and the world around them in a safe way

Expectations are kept high and managed risks are taken in order to provide a range of opportunities for young people to use new equipment and to learn new skills

There is even an opportunity to gain an accreditation award for developing these skills such as an OCR award in;

Home management - Making and preparing your own food

Home management - Carrying out household tasks

Personal skills - Independent living skills: keeping safe

Home management - Independent living: Looking after your home

Health and Safety at Work - Managing Risk



# IMPACT

## BEFORE



This term has been focused on keeping our selves safe in the community. Zyed has been participating in different lessons and practical activities with the intent of learning about road safety.



Zyed is able to say what the traffic light colours are and what they mean. He was able to express this verbally with encouragement. He was able to use and apply his knowledge out and about in the community.



My progress



## Continuous review and development

We work hard to continuously review, adapt and develop the Hill House environment

Our aim is always to reduce the number of fences, gates and locks wherever we can

Over time we have made major changes such as opening up the school courtyard by removing the school gates, removing an internal gate next to the café and lowering some of the perimeter fences

This is always on – going and we work hard to create the least restrictive environment possible for our young people, whilst keeping them safe and free from harm