

# Sandbrook Short Term Assessment Unit.

**Coproduction meeting – 1<sup>st</sup> May 2024. 1pm – 3pm.**



Liverpool Hope University did a big study. They asked 111 people what they like and don't like. They found out that people like nature sounds, dim lights, and calm music. They also like being in a comfy place.



The University has a special room called a sensory room. They watched how people felt when they were in the room. They used pictures and special tools to see if people felt less stressed in the room.



People who took part liked things like a bubble tower, galaxy projector, beanbags, heavy blankets, and toys to fidget with. When people used these things, they felt less stressed. Just being in the room made them feel calmer.



The group agreed to think about the whole place, not just the sensory room. They thought about using the garden too. Some people might not be able to calm down by themselves, but the room might help them.



Some people might not like to be alone in the room. The room can be changed to suit each person. It is good for people of all ages over 18. The University is thinking about the ages of the people in the study.



The next part of the study will be shorter. It will be for people with or without autism but with learning problems. They will use headphones and special tools to record how people feel. They will ask people what they do to calm down and if there is anything they don't like.



People who can't talk can still take part. They can show how they feel in different ways. Family members can help because they know how to talk to them. A special test using spit can show if they are stressed.



The co-production group said that people can choose if they want to take part. They can stop at any time. They need to understand what is happening, so the information will be easy to read. The study will be in the same sensory room, but some people might use their own sensory room.



The University will make sure everything is safe. They need to know if people have autism or learning problems. Some people might not want to say they have these problems. They need at least 40 people to take part. The study will take a few months.



The study will help to make the sensory room better. The University will write some rules. Everyone who takes part will get a £20 shopping voucher. The results will be ready by the end of September 2024.



The next meeting is on 26th June 2024, 1.00 – 3.00pm.