



DESENSITISATION - Examples and things that might help



Carricks Brook, a care and support provider in East Sussex told us about how they had been helping the people they support with Desensitisation.

Face Coverings and Personal Protective Equipment (PPE).

PPE is wearing things like a face covering (or mask), an apron and gloves to help stop coronavirus spreading from one person to another.

Pictures of staff without face coverings and other PPE were taken to show the people supported.

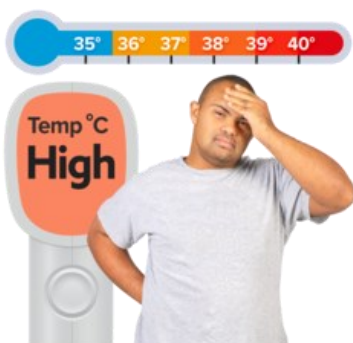
Then pictures of the same staff wearing a face covering and full PPE were taken to show that they were the same people..

A poster was made to explain that staff were the same person with or without their face covering.

Support staff always lift their masks and say hello to the person supported so they are sure who are



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Taking your temperature

People are supported to get to used to having their temperatures taken.

Temperatures are taken because one of the signs that you may have coronavirus is having a higher temperature than usual.

An ok temperature is about 37. A high temperature would be over 38

A person supported was feeling scared about having their temperature taken.

They were shown the thermometer lots of times

They were told what the thermometer is for and what we wanted to do

After this, the person's temperature was taken from a distance far away to show how it would be done

Then slowly building up the contact until after 3 weeks, the person was able to manage having their temperature taken.



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Covid—19 Testing (also called swab testing)

Covid-19 (Coronavirus) testing is used to find out if you have caught the virus.

A swab, which is like a big cotton bud, is put into your mouth and moved around the back of your throat. It is also put into your nose and moved around.

This testing has also been very difficult for some people to get used to.

Staff have tried different ways of supporting people to feel more comfortable and able to have their test.

A person was supported over some weeks to get used to using the swab.

They had control of the swab and with support, time and reassurance they were supported to do the test themselves.



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Another person was supported with their Covid-19 test by

To start with, just going near the person with the swab, so they could see and be shown it.

Then they would touch the persons nose with the swab.

When they were comfortable with this, staff would sit next to them and touch their nose, while another tried to take the swab,

This worked well and they are now able to use the swab for up to 4 seconds.

The result being that the person is not upset by the swab being taken any more.

Staff have used Makaton, symbols and easy read information to support with all the new changes.