

Appendix 3: Premises Maintenance/Development Requirements

The following table sets out the essential and desirable changes to the Maples which would be required if it was to be used as the single premises to deliver the internal overnight short breaks offer.

Activity/Requirement	Estimated Cost
<p>Desirable: Replace two specialist beds. Manufacture guidelines around bed provision have changed and manufacturers are now required to implement some additional anti-entrapment measures for smaller users (less than 146cm, 40kg and/or with a BMI less than 17). The additional demand means that some children visiting will meet this criterion and would therefore benefit from a specialist bed. Essex Occupational Therapists recommend an Accora Community bed with junior kit and an Accora floorbed2 with junior kit. The additional benefit of the floorbed, is that it goes right down to the floor, so children who perhaps cannot perform standing transfers but can crawl to/from the bed, can complete crawling transfers without needing to be hoisted, increasing their independence.</p> <p>Accora community bed: https://accora.care/gb-en/product/accora-care-beds-communitybed/ Accora floorbed: https://accora.care/gb-en/wp-content/uploads/2020/04/FloorBed-1-Junior-brochure.pdf</p>	<p>£3,000</p>
<p>Desirable: Replace current freestanding high/low bath option for those requiring hoisted transfers/care assistance for a permanent, fixed option. It has a high/low function so carers can wash a child at an appropriate height. It can also have a cushioned bath support to help support with postural needs to bathe and a stretcher for changing that sits on top of the bath and folds when not in use. It can also have sensory features including underwater lights, sound and a spa feature, enabling children to benefit from improved comfort and enjoyment during bath time, and taking part in their own bath time care, increasing independence. Predicted cost set out below but subject to formal quote:</p> <p>Bath unit £7,346 Taps & Hardware: £590 Music Therapy £1,694 Bluetooth music connection £1210 Light Therapy £1210 Hydrotherapy £3000 Delivery and Installation £776 Additional 20% contingency for potential price increases £2130</p>	<p>£15,776</p>
<p>Desirable: 2 Shower Chairs for different needs. Children tend to either be washed whilst laying down on a bench or independently mobile and capable of standing. This leaves a cohort of children who rely on a hoist for transfers, but who are capable of sitting up and engaging in washing themselves (e.g children with certain muscular dystrophies, cerebral palsy presentations etc). Laying isn't always ideal for these children as they are not enabled to engage, and washing is just completed by carers. Having two shower chairs that can meet a range of needs would improve the offer considerably at the Maples</p>	<p>£2,782</p>

Desirable: New gates and fencing to the front of the premises to extend the safe outdoors space available to children and young people visiting.	Quote Requested from Mitie
Desirable: OSB are delivered to children and young people who are cognitively very able, but some are not able to clean themselves after using the toilet. This may include children and young people whose condition means that they cannot grip toilet paper, cannot reach behind them or cannot co-ordinate such movements. Many of these children/young people are in wheelchairs. Installing a toilet that has an arm that washes the user as well as dries them and can be cycled by touching a remote or infra-red sensor input those cycles through the features by waving an arm in front of it. The outcomes of this kit for the right user can be significant. It means that they can use the toilet without a carer having to clean them afterwards, with all of the independence, dignity and hygiene benefits that brings. Having access to such a toilet in The Maples would offer benefits to children and young people in terms of their own developmental outcomes and independence, and will enable the Maples to respond to a wider range of needs.	£5,000
Desirable: Mobile changing/shower bench in place is generally working well but can be a little small (approx. 1700mm length – generally enough for the majority of users but not for taller users). OT recommends a wall-mounted stretcher, but as there is enough room for a bench and storage where access can be gained for 2 carers, a mobile bench may be a better option.	£2379 + VAT £80 delivery
Desirable: Exercise Bike. Some of the children present with lots of energy to burn and discussions with parents have revealed that an exercise bike has been a helpful intervention at home.	
Desirable: Technological improvements such as IPADs for children and young people to contact family and friends (as appropriate and in line with their care plan)	£5,000
Desirable: Community planting/growing project. Vegetable and plant beds for the children to tend to, learn about where our food comes from and benefit from being outside and growing and caring for produce. This could include raised beds or a worktop where children using wheelchairs could access to plant seeds and in pots and a mini greenhouse. This has been trialled before, but it was challenging as whilst some children enjoyed it, others would pull plants out etc which was deflating for the children who enjoyed it. This will be revisited to explore links to community garden environments outside of the overnight short breaks provision, or ways to ensure those who enjoy it are not impacted by those who do not.	Estimated £5,000-10,000
Desirable: Sensory integration. There is a sensory room with some features such as different textures on the walls and lights, but there is room to develop this further. The sensory room is not large and there could be room to expand this, with an extension to the side of the building. There is room for some more diverse sensory activities, not just visual and touch, but also vestibular (sensation of movement) and proprioceptive (awareness of and use of limbs) as well as more interactive activities. This might include mini trampolines, a swing, balance ball, bean bag chill-out area, music etc. This would require specialist assessment from an OT trained in Sensory Integration and staff training for select members of staff on sensory integration and play as appropriate.	Not costed but to be considered in future planning of the Maples

The following table sets out the essential and desirable changes to Lavender House which would be required if it was to be used as the single premises to deliver the internal overnight short breaks offer.

Activity/Requirement	Estimated Cost
<p>ESSENTIAL: Master key system requires replacing as the locks/keys are no longer reliable which creates health and safety risks.</p> <p>The locks were originally sourced from overseas and there is not a UK equivalent. New locks need to be the same size as the current ones are required, or all new doors would be required. It is difficult to estimate the costs reliably.</p>	Cost unknown
<p>ESSENTIAL: Currently use manual hoists which is not best practice, although permissible from an Ofsted perspective. Overhead hoists needed in two bedrooms</p>	£6,000
<p>ESSENTIAL: Rise and fall beds are very old and need replacing. 8 in total.</p>	£16,000
<p>ESSENTIAL: The changing bed attached to the wall in Ash bathroom needs replacing.</p>	£4,440
<p>ESSENTIAL: Telephone and communications. An old telephone system is in place with 3 external lines and the ability to make internal calls. Handsets have broken over time so not all telephone points have a working phone. Replacements are not able to be sourced as it is not a system that is operational anymore.</p>	Cost unknown
<p>ESSENTIAL: All bathrooms in the 3 Flats (6 in total) have not been replaced/re-tiled for 22 years. On average, the total cost of installing a new home bathroom in the UK is about £6500-7000. To meet the requirements of a children's overnight short breaks home additional equipment will need to be considered, alongside ensuring children have the choice of a bath. Baths are not just a facility for personal hygiene but can be therapeutic for children and young people with SEND, providing relaxation and enjoyment, easing of pain and a precursor to treatments for skin conditions.</p> <p>Like bedrooms, bathrooms and ensuite areas must be designed to allow staff access in case of an emergency and promote the safety and wellbeing of the people living there. Flooring should be seamless, impermeable, and slip-resistant, but be easily cleaned. There should be the potential to incorporate low level lighting, to support access to the toilet through the night</p>	£60,000
<p>ESSENTIAL: The Hollies kitchen is 22 years old. A mid-range kitchen is estimated to cost between £10,000 and £20,000 dependent on requirements. To meet the requirements of a children's overnight short breaks home additional equipment may need to be considered such as wheelchair accessible worktops.</p>	£20,000
<p>ESSENTIAL: The doors in The Hollies have been replaced however other external doors need replacing as if they would not currently withstand much in the way of challenging behaviour. Doors and windows may be</p>	Cost unknown

replaced as part of the installation of an heat source air pump heating that is due to start imminently to meet carbon/environmental standards.	
ESSENTIAL: Overgrown trees present climbing risks, bird excrement, damage to guttering and attract neighbour complaints. They need to all be topped or removed and maintained annually	£3,000 plus annual maintenance costs
DESIRABLE: Showers were installed but otherwise they are 22 years old.	
DESIRABLE: There is a very old bedroom monitor system that is not fit for purpose. This needs to be decommissioned and consideration given to an alternative.	
DESIRABLE: Tap Isolators for when young people are causing flooding in bathrooms.	
DESIRABLE: Sleep in bathrooms had showers installed many years ago but are otherwise 22 years old and in need of modernising.	£10,000
DESIRABLE: Air conditioning. There is an air conditioning unit in Flat Beech that cools the lounge however the bedrooms and Flats can be very hot as windows are not able to be fully opened.	£3,000 per room as wall units or £500 per mobile unit.
DESIRABLE: Improved digital ways of working (both recording and in communication with young people) would bring Lavender more in line with other homes. New system requirements would need to be fully costed but based on recent builds of another short break system set up a conservative estimate is £20,000 (three month build)	£20,000