



**How tech can enable safe spaces  
and greater control**



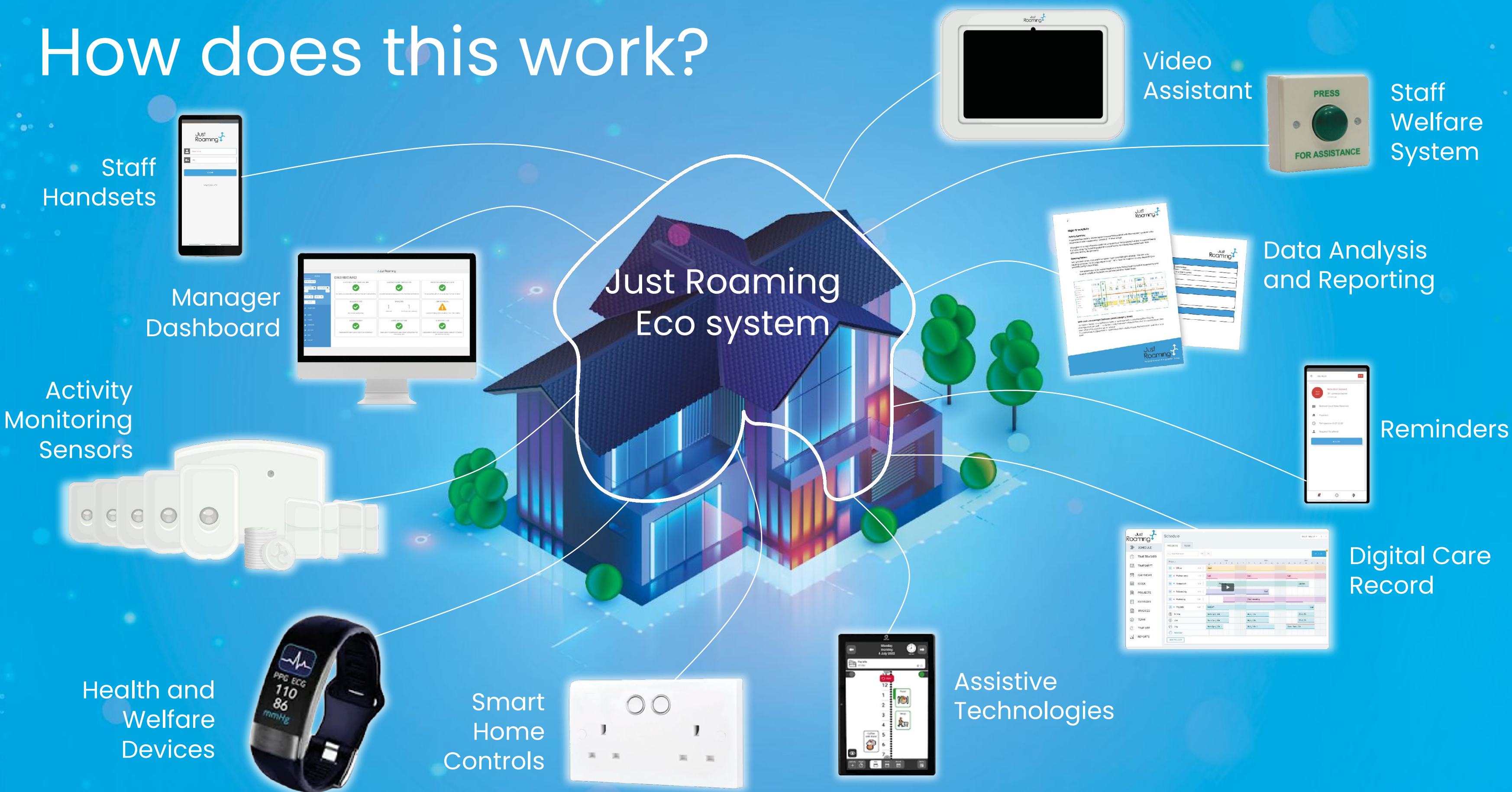
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Greg

# How does this work?



# My home that works for me

I'm (actively)  
in control

My Space

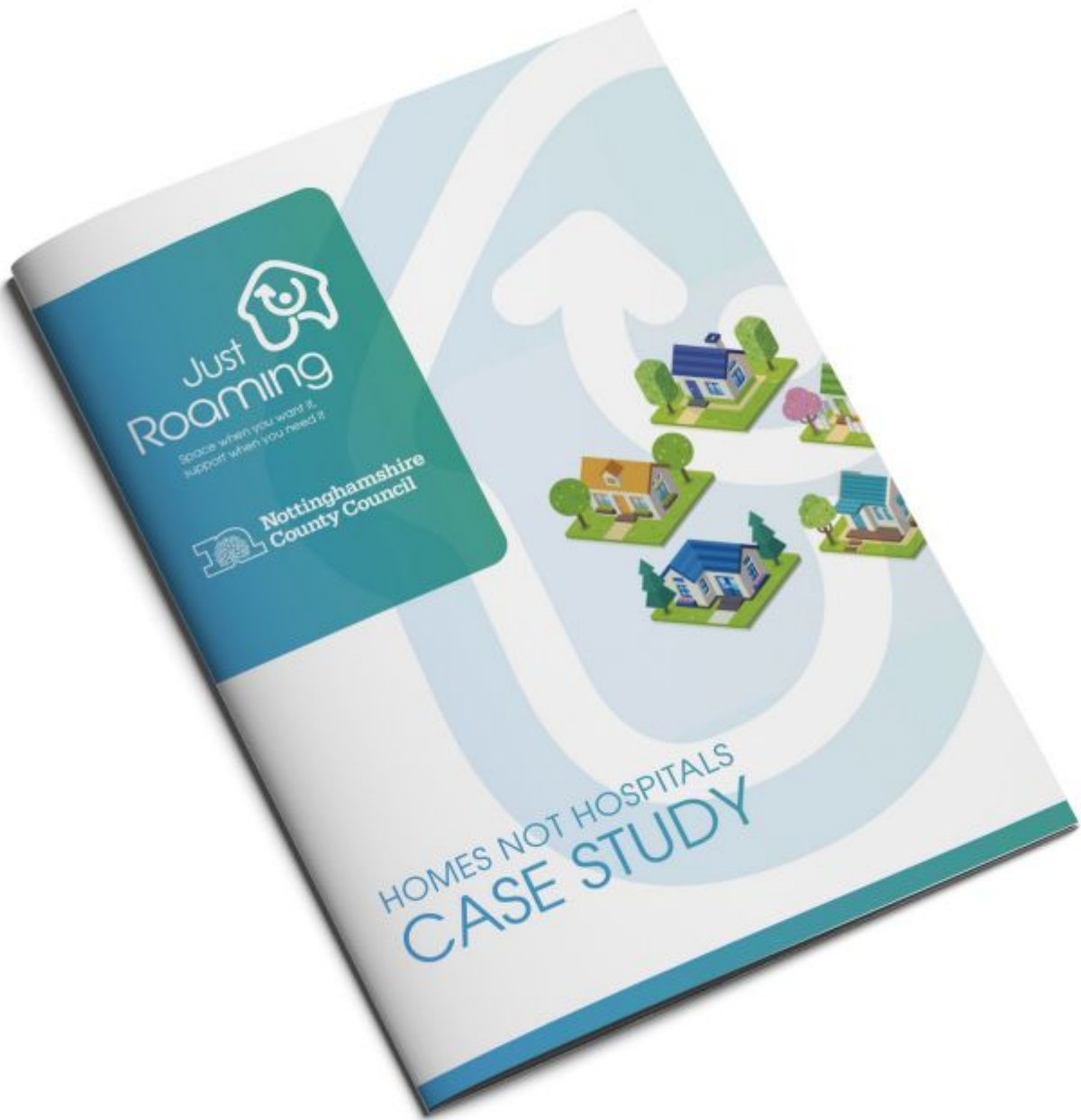
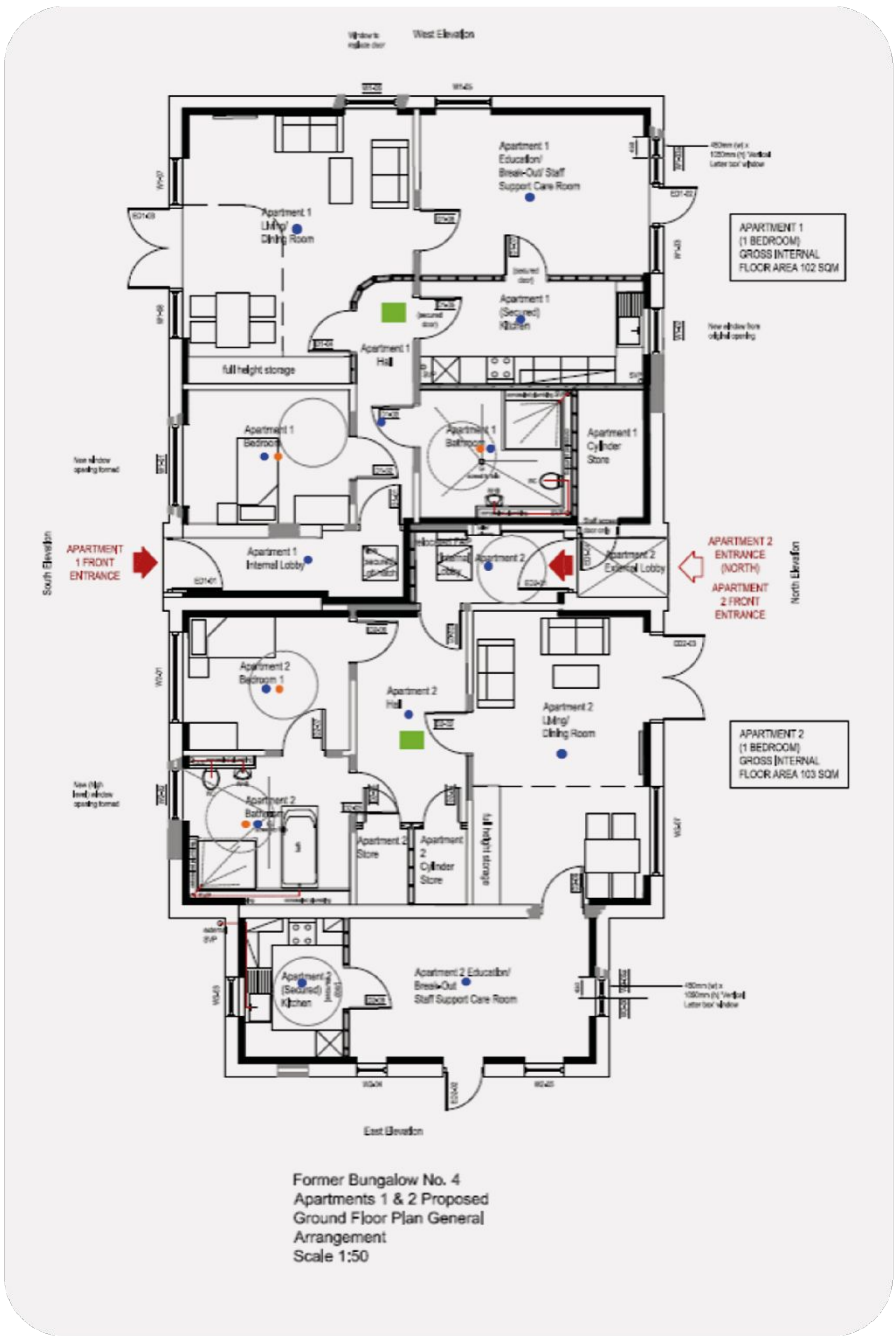
Insight that  
helps you  
help me

It (passively)  
responds to  
me

I manage my  
support



# Designing-in *Freedom*



History

ADHD, Autism, EUPD, PTSD

Struggled with shared support

Reluctant to engage with professionals due to PTSD

Self medicates with legal and illegal substances

High risk of self harm

Outcomes

Reassured staff to enable self-management

Support time used to improve QOL

Support time used to improve skills

Started 4 new activities

Dramatic self-harm reduction (8 to 1 in same period)

TEC Support Plan

|                                                                         |                                     |
|-------------------------------------------------------------------------|-------------------------------------|
| Remote monitoring during low moods                                      | <input checked="" type="checkbox"/> |
| Harm reduction strategy – sharps alerts                                 | <input checked="" type="checkbox"/> |
| Alert to unusual medication activity                                    | <input checked="" type="checkbox"/> |
| Enable control over support – “panic button”                            |                                     |
| Enable self-management of coping strategies to improve mental wellbeing |                                     |
| 3–step rapid response                                                   |                                     |
| Enable least restrictive support                                        |                                     |
| Planned, enabling direct support                                        |                                     |



*“It makes me feel safe”*

# Commissioning support that is “Just Right”

## DIMENSIONS CASE STUDY

### ***The model***

Young People  
At risk of out-of-area placements  
At risk of institutional placements  
Transitional support (2-5 years)  
Upskilling for more independent living

[VIEW VIDEO](#)



 **dimensions**

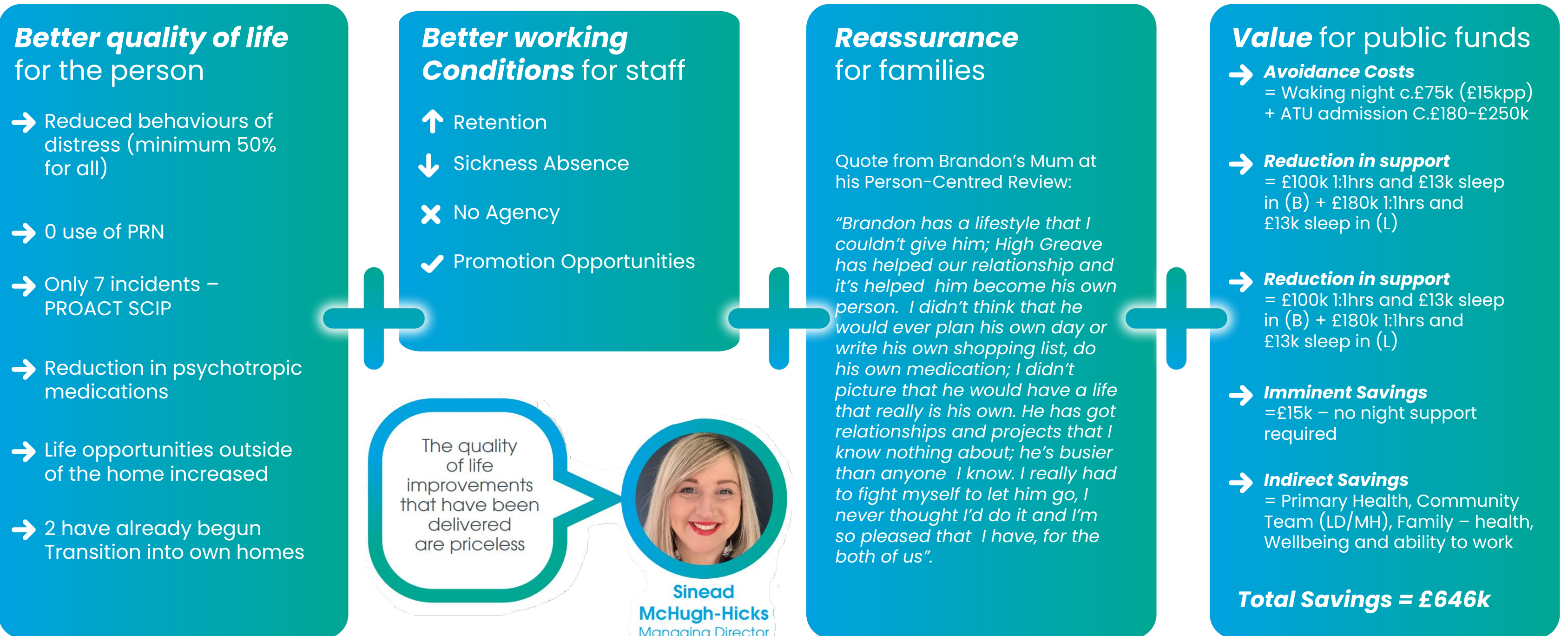


Your space, your support, your way

Just  
Roaming 

# The formula to success =

The right housing + data-driven support + autonomy enabled by TEC



# Better insight, better outcomes

- Informed better support planning
- ↑ Improved safety
- ↑ Improved sleep patterns
- ↑ Increased community inclusion
- ↑ Improved privacy and dignity
- ↑ Improved quality of life
- ↑ Increased independence skills
- Increased self confidence

- ↓ Reduction in behaviours of distress (>50%)
- ↓ Reduction in damage to property
- ↓ Restrictive practices reduced
- ↓ Reduction in psychotropic and PRN medication
- ↓ Reduction in direct support needs



# Maintaining agency at home

Can I move  
around freely?

Can I have  
space when I  
want it?

Can I operate  
my  
appliances?

Are things  
where I want  
them?

Is it too  
noisy?

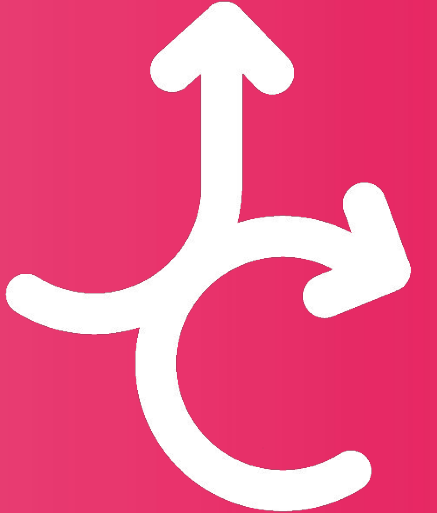
Is the  
temperature  
right for me?

Is the  
lighting  
right?

Am I in control  
of when and  
how staff  
support me?

***“Is there a safe  
alternative that offers  
freedom over locks?”***

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