

Evidence to the Health, Social Care and Sport Committee's inquiry on the provision of health and social care in the adult prison estate.

Produced by [REDACTED], Policy Officer for Wales and [REDACTED], Lead Professional Adviser on behalf of the Royal College of Occupational Therapists, the professional body for occupational therapists across the UK.

Summary of Position

The Royal College of Occupational Therapists (RCOT) welcomes the Committee's focus on the provision of health and social care in adult prisons.

In England and Wales between 2004 and 2014 prisoners aged 60 or over were the fastest-growing age group (125% increase)¹ and the Mental Health Foundation estimates that over 80% of older prisoners have a serious illness or disability, with cardiovascular and respiratory diseases the most common². Former lifestyles including substance misuse, poor diet, stressful lives, smoking and alcohol excess and the added stressors of imprisonment, make the ageing prison population unique. Studies suggest a 10 year difference between the overall health of prisoners and the general population³. The average age of people dying from natural causes in prison between 2007 and 2010 was 56 years old.⁴

In recognition of this growing need and the complexity of health and care needs within the adult prison population the College recommends increasing the number of occupational therapists employed within and providing in-reach to prison services to:

- 1. Work within prison and resettlement pathways to build in protective factors to reduce the risk of reoffending.**
- 2. Offer prisoners the opportunity to experience and embed healthier habits and routines.**
- 3. Advise on environmental design to encourage the productive engagement of prisoners with health and rehabilitation services.**
- 4. Deploy occupational therapists to review health and social care provision in prison to address gaps and minimise risk to vulnerable prisoners.**

Background information:

There are 1880 registered occupational therapists in Wales (August 2016) working across health and social care services. Currently 6 occupational therapists are employed within prison health services. They are a limited resource with vulnerable people within the criminal

¹ Ministry of Justice (2014) The needs and characteristics of older prisoners: results from the Surveying Prisoner Crime Reduction (SPCR) survey. London: Ministry of Justice. Available at: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/368177/needs-older-prisoners-spcr-survey.pdf

² Mental Health Foundation (2013) Losing track of time: dementia and the ageing prison population. London: Mental Health Foundation.

³ Centre for Policy on Ageing and Prison Reform Trust (2003) Growing old in prison: a scoping study on older prisoners. London: Prison Reform Trust. Available at: http://www.prisonreformtrust.org.uk/uploads/documents/Growing.Old.Book_-_small.pdf

⁴ Prison Reform Trust (2016) Prison: the facts Bromley Briefings Summer 2016. London: Prison Reform Trust. Available at: <http://www.prisonreformtrust.org.uk/Portals/0/Documents/Bromley%20Briefings/Autumn%202016%20Factfile.pdf>

justice system historically having restricted access to occupational therapy, although they have significant health and social care needs.

RCOT's Position:

The College would welcome the deployment of occupational therapists to:

1. Work within prison and resettlement pathways to build in protective factors to reduce the risk of reoffending. Occupational therapy considers a person's strengths, interests and aspirations to address difficulties and needs. For someone in prison this means an occupational therapist is able to take into account a person's history, risk factors and the constraints of a prison environment. They work with them to participate in activities that will offer opportunities to learn basic life skills, and to manage emotional responses when feeling challenged. This might involve practicing skills, developing consistent and structured routines and finding occupations that are meaningful and develop a positive sense of identity.

As the older population continues to increase across prisons in Wales, there will be added complexities for the older prisoner. Meeting significant health and social care needs related to conditions, such as frailty, is challenging within the prison environment.

In line with the Social Services and Well-being (Wales) Act 2014, it is essential to aim to achieve better outcomes for the prisoners by meeting their needs and ensuring that well-being is maintained or improved. Occupying the time of the older men will be a primary focus. Many of the men will no longer be of age or deemed fit to work and therefore activities within a suitable environment are needed to promote social inclusion and wellbeing.

As HMP USK becomes a centre for the older prison population including resettlement, the Day Service space will support prisoners on their transition to the community. It will allow the men to become equipped with skills and knowledge to enable them to respond positively to their release and support them to live more safely and independently.

The Day Service space will aim to create a non-institutionalised environment and to provide a range of activities, support for the men and allow assessments of need to be completed. The Day Service space at HMP USK should be utilised for a range of activities with examples including various group activities, mindfulness, exercise groups, life skills, creative projects, kitchen activity, therapeutic/assessment work, music group and classroom work. It should remain a non- institutionalised and flexible space to support adaption for activity and increase wellbeing. The occupational therapist will lead many of the activities.

At HMP Cardiff the occupational therapy service facilitates one to one and group interventions with a focus on skill development, psychoeducation and enabling the exploration of productive and leisure activities that can be accessed both within the establishment and beyond. The Wellbeing group explores and promotes coping skills such as relaxation, anxiety management, assertiveness, managing frustration and sleep as well as others. The Wellbeing group is co-facilitated by a teacher from Education, this joint working allows for participants to be signposted to a greater wealth of services that are available both within the establishment and beyond. Due to the nature of the establishment there are commonly new resettlement projects being introduced that we may not always be aware of, by working alongside our partner agencies in Safer Custody, Education, Offender Management and Health the Occupational Therapy service is able to promote opportunities for individuals that will benefit their rehabilitation and also address recidivism. The service works closely with individuals Probation Officers, with their consent, which supports this relationship when going out into the community as the Probation Officer then has a better understanding of the individuals strengths and challenges.

2. Offer prisoners the opportunity to experience and embed healthier habits and routines. By identifying and then reducing barriers to participating in occupations (activities) that promote health and wellbeing. Targeting occupational therapy at prisoners whose ability to do every day activities prevent progression through the prison system or pose barriers to successful community reintegration. Goal-directed interventions aimed at improving performance in daily occupations and an agreed plan of structured and constructive use of time can support an individual's transition into the community.

HMP Cardiff Occupational Therapy service co-facilitates a gym session with P.E instructors. This session enables engagement in physical activity in a supportive and non judgemental environment. The focus on this session is on participation rather than strength or fitness. Many individuals find the prison gym daunting, this session allows individuals safe exposure to this environment. This session also includes those that would typically be excluded from attending the gym due to their prescription of medications, such as Pregablin. Occupational therapy staff support those that want to progress from this session and be integrated into the gym sessions held for the general population.

The occupational therapy service has been working with the Safer Custody team to promote the benefit of occupation with those at risk of self harming. Resources for in cell activity and self soothing have been identified by occupational therapy and Safer Custody are now trialling providing these materials in various areas of the establishment.

There is currently Mindfulness weekly sessions at HMP Usk. The new day space will allow the occupational therapist to provide activities, such as a cooking group (incorporating budgeting, nutritional benefits, etc). The occupational therapist will also run a pain and fatigue coping skills group to enable prisoners to develop skills to take with them to the community.

Physiotherapy supports a clinic every two weeks and the occupational therapist and physiotherapist carry out joint assessments.

3. Advise on environmental design to encourage the productive engagement of prisoners with health and rehabilitation services. The environment can either support or inhibit a person's ability to do activities and tasks. By considering the environment from the perspective of the person, the occupational therapist can support them to recognise the demands and cues about expected and appropriate behaviour. This approach enables people to achieve more, builds confidence, tolerance of others and productivity. For someone in prison this means an occupational therapist can identify factors that are preventing their progression through the prison system and establish graded steps to work towards goals to build confidence and maintain motivation.

The prison service can use occupational therapists to:

1. Advise on the design of buildings such as work sheds to encourage productive engagement and accessibility.
2. Minimise potential risks in the prison environment through the provision of equipment and adaptations.
3. Provide advice on modifications and new designs for prison estates.

The occupational therapist at HMP Usk/Prescoed has assessed for and made environmental recommendations, including the development of the new day centre and how it can meet the majority of the needs of the older men (see report in full). At HMP Prescoed the occupational therapist has made environmental recommendations to support vulnerable prisoners in the

wider area. For example, the prison is considering scooters for individuals with mobility issues and occupational therapy is advising on adaptations to support this.

4. Deploy occupational therapists to review health and social care provision in prison to address gaps and minimise risk to vulnerable prisoners. Occupational therapists assess for care and support needs, provide equipment and adaptations and advise on strategies and techniques to manage personal care and other activities of daily living within the prison environment.

Prisons utilising occupational therapists' skills at a wider level benefits the whole prison population. Occupational therapists are able to advise on broader issues such as managing risk, safeguarding and unmet health and social care needs across the prison and more joined up working.

The occupational therapist at HMP Usk will oversee induction in order to identify any social care needs early on and adopt a preventative approach.

The occupational therapist will:

- *Sit on the safe guarding panel and will be supporting the prison to carry out capacity assessments where appropriate.*
- *Support the social care team to train the Buddies and will implement and review care plans.*

In Monmouthshire social care provision was hampered by a lack of understanding of roles, silo working and inconsistency in regards to identifying need, care planning and delivery.

Prison staff and prisoners were not aware of when and how to access social care services.

Actions were taken to address this resulting in:

- *Multi-agency meetings to ensure prisoner's needs are considered in a holistic way.*
- *Integrated working within the rules and restrictions of the secure estates taking into account the personal outcomes of the prisoner*
- *Joint training sessions and talks at prison staff meetings*
- *Person centred integrated assessments carried out and small pieces of equipment provided.*
- *Advocacy service offered.*
- *Care and support provided by Monmouth integrated direct care team and trained buddies. Prisoners offered training to become Buddies with formal ongoing supervision and their role and responsibilities clearly outlined within care plans.*
- *Physiotherapy clinics.*


The Welsh Government has now reallocated the funding and the prisons have not made any financial contribution. This has led to a withdrawal of social care services to an in-reach service, providing the minimum input as stated in the act; the buddy service is not being closely monitored and preventative services have been reduced

About the College

The Royal College of Occupational Therapists is the UK Professional Body and Trade Union for over 33,000 occupational therapists, support workers, managers and students. Occupational therapy enables people of all ages to participate in daily life to improve health and wellbeing. They are the only Allied Health Profession trained at a pre-registration level to work within both physical and mental health.

Contact

For further information on this submission, please contact:

, Policy Officer for Wales, Royal College of Occupational Therapists.

HMP USK

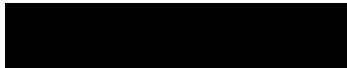
Day Service Environmental Recommendations


Senior Occupational Therapist

Recommendations by:



Lead Therapist



Senior Occupational Therapist



Senior Physiotherapist



Social Worker



Sensory Impairment Officer

HMP USK
47 Maryport Street
Usk
NP15 1XP

Disclaimer

- i) The following recommendations are based on meeting the needs of the majority of the older prison population at HMP USK**
- ii) The recommendations aim to meet the needs of older prisoners with:**
 - a. Mild to Moderate physical disability**
 - b. Mild to Moderate cognitive impairment (including dementia)**
 - c. Mild to moderate sensory impairment**
- iii) Measurements are approximate and drawings are not to scale. They aim to provide a visual representation of floor space only.**
- iv) Further advice will be available *prior, during* and *after* construction by contacting the Occupational Therapist or Social Services Team.**
- v) Recommendations will be carried out by HMP USK.**

Day Service Space

As the older population continues to increase across prisons in Wales, there will be added complexities for the older prisoner who may have significant health and social care needs and become frailer - meeting these needs can become more challenging.

In line with the Social Services and Well-being (Wales) Act 2014, it is essential that we aim to achieve better outcomes for the prisoners by meeting their needs and ensuring that well-being is maintained/increased.

Occupying the time of the older men will be a primary focus. Many of the men will be no longer of age or deemed fit to work and therefore providing activities within a suitable environment will promote social inclusion and wellbeing.

As HMP USK becomes a centre for the older prison population including resettlement, the Day Service space will support prisoners on their transition to the community. It will allow the men to become equipped with skills and knowledge to enable them to respond positively to their release and support them to live more safely and independently post-release.

The Day Service space will aim to create a non-institutionalised environment and to provide a range of activities, support for the men and allow assessments of need to be completed.

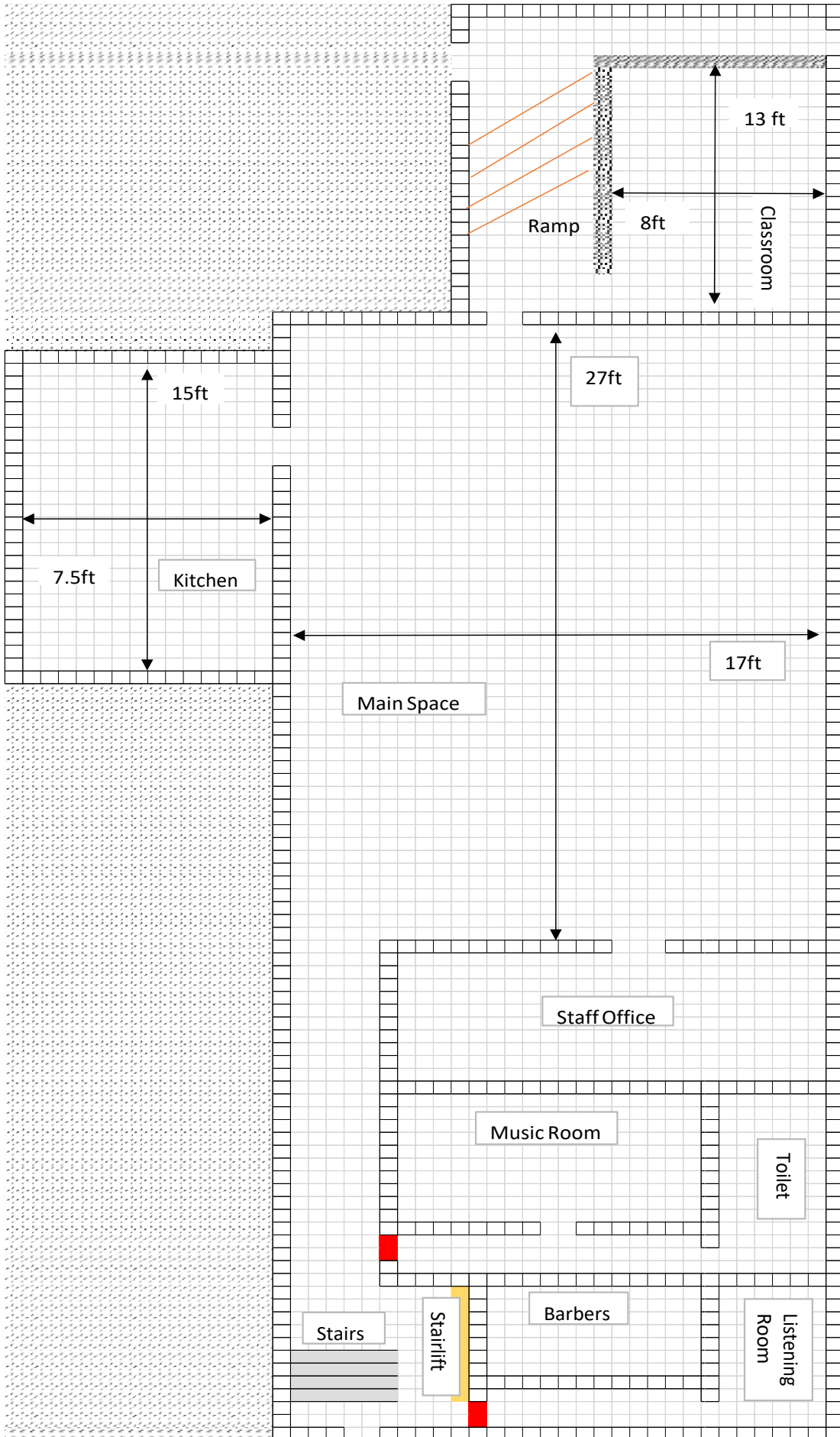
The Day Service space at HMP USK should be utilised for a range of activities with examples including various group activities, mindfulness, exercise groups, life skills, creative projects, kitchen activity, therapeutic/assessment work, music group and classroom work. It should remain a non-institutionalised and flexible space to support adaption for activity and increase wellbeing.

The following recommendations (as per the disclaimer) aim to support the development of the Day Service at HMP USK.

Main Floor Plan

Not to scale

Measurements are approximate

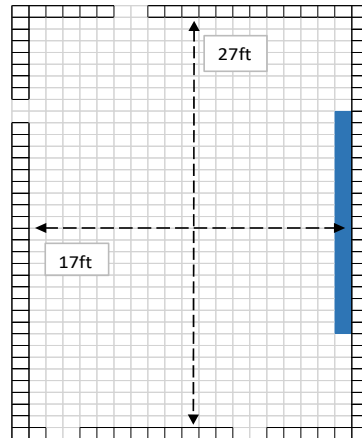


Garden Space

RECOMMENDATIONS

1. Main Space

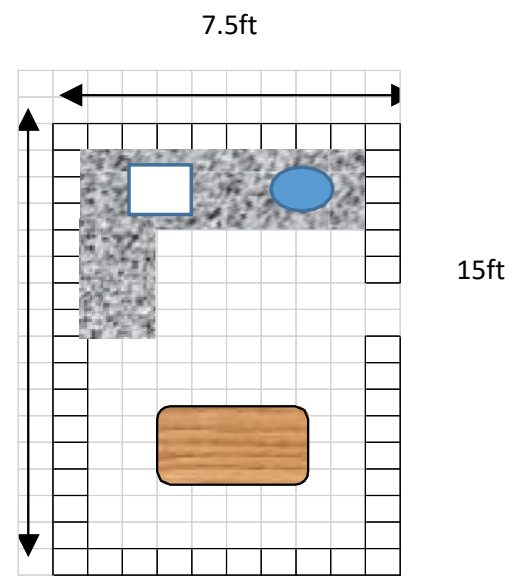
Not to scale



Measurements are approximate

- 1A. A non-institutionalised environment should be created by using a welcoming/warm colour on the walls which also provides a contrast to the floor
 - i). This should be different from the rest of the prison wings to provide a ‘new environment’
- 1B. Door frames should be painted in colour contrast from the walls to ensure that they are easily recognisable
- 1C. Lighting would benefit from being on a 2/3 static circuit to enable various levels of light that can be applied depending on activity
- 1D. Individual light stations that are moveable/portable (to include magnifying glass)
- 1E. Various plug sockets should be available across the room
- 1F. Approximately 3m (length) x 1m (height) wall mounted rail (blue) to allow prisoners to carry out exercise programmes.
 - i). Laminated pictures of Otago exercises to be placed above the rail to support exercise group
- 1G. Tables and chairs must be able to be stored away: Foldable tables and Chairs with arms recommended.
- 1H. Padded, movable wall dividers to minimise noise and provide quiet/separate areas for activity.
- 1I. White Boards should be made distinctive by having a dark colour around the perimeter
- 1J. X2 notice boards: One to display staff photos and names and the other to display activity timetable
- 1K. Attempt to keep sky light clear to enable natural lighting into the area.

2. Kitchen



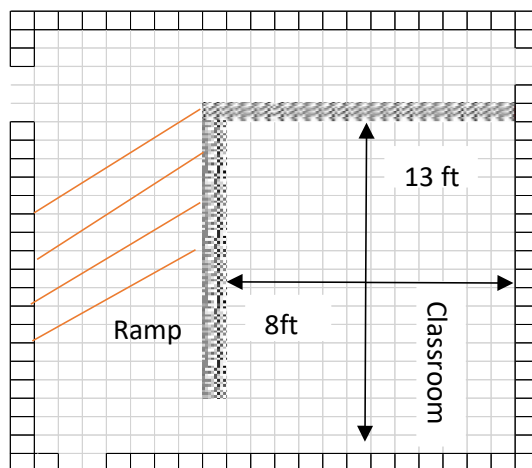
Not to scale

The kitchen area will allow for both individual and group activity including rehab and assessment. Cooking groups for example will develop skills in meal prep, budgeting, hand-hygiene, healthy eating and social interaction. This space should create a domestic feel to re-create a similar home environment.

Measurements are approximate

- 2A. The kitchen should be set up as above. Units with electrical goods and sink should be on the right side (and will cover up pipe work)
 - i) This will enable more accessible supervision during kitchen work
 - ii) The dining table should be placed at the far side to create a more private environment for individual/group work
- 2B. Recommended electric goods: mid-range electric cooker, microwave, kettle (dishwasher not recommended – prisoners will be encouraged to wash-up)
- 2C. Electrical equipment (cooker, microwave) may benefit from larger digital display
- 2D. Electrical equipment may benefit from isolation switches and consider lock on fridge
- 2E. Non-slip flooring
- 2F. Large dining table with chairs with arms that allows enough circulation space around the perimeter of table
- 2G. Individual light stations that are moveable/portable (to include magnifying glass)
- 2H. Various plug sockets should be available across the room
- 2I. Lighting would benefit from being on a circuit to enable various levels of light that can be applied depending on activity
- 2J. Lighting to be installed underneath cupboards to highlight workspace area
- 2K. Easy to use taps should be installed (individuals with dexterity issues) alongside mixer tap.
- 2L. Query if fire door is required – if required then sliding door would be more beneficial to maximise space
- 2M. Attempt to maintain a domestic environment to replicate the kitchen within the home environment
- 2N. Secure tools/small aids as per HMP USK policies

3. CLASSROOM



Not to scale

Measurements are approximate

- 3A. Domestic balustrade to be installed around raised platform to maintain open-plan environment
- 3B. Desks to be installed around perimeter that will support computer work. Chairs with arms recommended.
- 3C. Individual light stations that are moveable (including with magnifying glass)
- 3D. Lighting would benefit from being on a circuit to enable various levels of light that can be applied depending on activity
- 3E. Various plug sockets should be available across the room
- 3F. Non-slip flooring
- 3G. Start and end of ramp to be marked clearly. Textured flooring would be beneficial over ramp area.
- 3H. Handrail installation on left side of ramp (gradient approx. 1/12). Use colour contrast so this easy identifiable (blue)

4. Toilet

- 4A. Door should be rehung to fall outwards to maximise space within the toilet environment
- 4B. Grab rail beside toilet on wall (coloured)
- 4C. Accessible toilet flush and taps
- 4D. X2 two grab rails to be installed on either side of the step that leads up into the corridor to toilet (coloured, blue)

5. Entrance from wing

- 5A. Rail already in place to be made more identifiable by painting blue.
- 5B. Edging of steps to be painted and made clear

6. Garden Space

The garden space can allow men to participate in gardening groups, develop new skills and use any grown resources as cooking materials.

- 6A. Rails to be repainted – Primary colour
- 6B. Paved edgings to be re-painted white and made clear.
- 6C. Secure tools as per HMP USK policies

If any further advice or recommendations are required then please contact the Occupational Therapist or Social Services team.