

# SILVER SHIELD

## Supporting Better Sleep in Complex Care Settings



### What is Silver Shield?

Silver Shield is a privacy-protective night-time safety system that helps residents sleep peacefully while giving staff the visibility they need to respond quickly. It cuts unnecessary room entries and supports calmer, safer nights for people with diverse needs.

### Why sleep matters

People living with brain injury, mental health conditions, dementia or learning disabilities rely on good quality sleep to stay emotionally steady, cognitively clear and physically safe. Restful nights support better mood, reduced agitation, improved balance and fewer incidents.

### The problem with traditional night checks

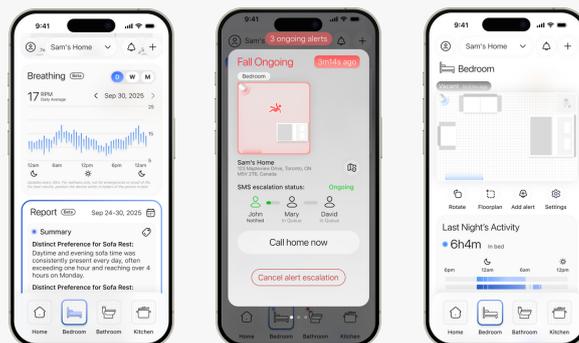
Opening doors, shining torches or entering rooms every 1–2 hours can interrupt sleep and create distress, especially for residents with sensory sensitivities or trauma backgrounds. These checks can lead to:

- Startle responses
- Fear or distress
- Disorientation
- Increased behaviours that challenge
- Fragmented, poor-quality sleep

### Questions?

Please speak to:

**Night Manager | Senior Support Worker | Registered Manager**



### How Silver Shield helps

- ✓ Monitors safety without disturbing residents
- ✓ Reduces unnecessary night-time wake-ups
- ✓ Supports those with sensory, cognitive or emotional vulnerabilities
- ✓ Helps maintain calm, stable nights
- ✓ Alerts staff only when intervention is genuinely needed
- ✓ Reduces falls, escalations and distress episodes

### What this means for staff

- Focus support where it's truly needed
- Maintain dignity and emotional safety at night
- Respond promptly to Silver Shield alerts
- Avoid room entries unless risk is identified
- Record sleep and wellbeing observations for handovers

### Better sleep leads to better outcomes

- ✓ Improved emotional stability
- ✓ Fewer behaviours that challenge
- ✓ Better daytime engagement
- ✓ Lower risk of falls and injuries
- ✓ Enhanced overall wellbeing