

SILVER SHIELD

Trauma-Informed Night Care for Complex Needs



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 trauma-informed sleep support matters

Many people living with acquired brain injury, mental health needs, dementia or learning disabilities may have trauma histories or heightened sensory sensitivity. Sleep is a vulnerable state, and unexpected disturbances at night can trigger fear, confusion or distress. Protecting uninterrupted rest helps residents feel safer, calmer and more in control.

The problem with traditional night checks

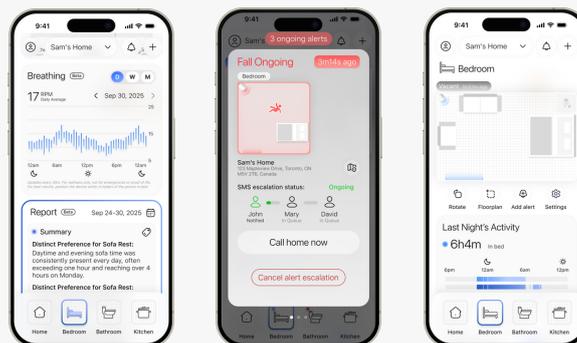
Routine night checks often involve entering rooms, creating noise, or exposing residents to unexpected presence or light. For individuals affected by trauma, this can lead to:

- Startle responses or fear reactions
- Night-time panic or hypervigilance
- Re-triggering of past traumatic memories
- Escalation of behaviours that challenge
- Fragmented sleep and next-day exhaustion

Better sleep supports healing and stability

Residents who sleep safely and without fear often experience:

- Reduced hypervigilance and anxiety
- Fewer distress episodes or escalations
- Better daytime engagement and independence



How Silver Shield supports trauma-informed practice

Silver Shield aligns closely with trauma-informed principles by helping staff maintain safety without intrusive checks.

- ✓ **Safety:** Residents are protected without unexpected interruptions
- ✓ **Choice and control:** Room entries only occur when genuinely necessary
- ✓ **Trust:** Predictable, gentle night-time routines support a sense of security
- ✓ **Reducing harm:** Fewer triggers, fewer escalations, fewer distress responses
- ✓ **Calm environments:** Minimal noise or disruption supports emotional stability

What this means for staff

- Avoid entering rooms unless risk is identified
- Respond promptly and calmly to Silver Shield alerts
- Consider sensory sensitivities and trauma triggers
- Maintain a quiet, consistent night-time environment
- Use warm, grounded communication when support is needed
- Record sleep patterns, emotional responses and any emerging triggers