

# Sussex Partnership Learning Disability Research Group

## Wii Fit Evaluation



The aim of this work is to evaluate the potential of Wii Fit as a fitness aid for adults with learning disabilities. The physiotherapy team suggest that this programme may have a number of benefits including being able to measure baseline information such as weight, BMI, balance, coordination and other functions. Generation of characters to accompany the person exercising may increase motivation to engage and the short duration of each exercise may make it particularly appropriate for those with limited attention spans. In order to move forward with this evaluation discussions are to be held with Nintendo with a view to being provided with a Wii Fit which can be used for research purposes.

## Breakdown Prevention Support Service

The objective of this work is to evaluate the potential cost impact of providing low intensity, long term support that is therapeutic in its containment to people prone to breakdowns involving emergency services. This would include those with borderline personality disorder (BPD), a record of suicide attempts and/or severe anxiety or depression, and people with offending or substance misuse histories.

## Virtual Reality

Work has commenced looking into the opportunities offered by virtual reality programmes and environments for assisting in a variety of areas for service users. A funding bid has been submitted to i4i for a research project to look at the impact of immersive virtual reality on learning and recall for adults with learning disability and also to evaluate the cognitive interview as a tool for assessing capacity. If successful the project will be run in conjunction with the Virtual Worlds team at Imperial College and will focus on a medical virtual world experience, such as an operating theatre.



## Carer Counselling Service

This work is looking at the impact and effects of providing counselling to the carers of adults with learning disabilities and is tied into the pilot service which was given temporary funding in 2007. The research involves assessing carers' opinions through a combination of interviews followed by content analysis and questionnaires. Future plans include the collection of data about the number of inpatients locally to determine the extent of carer breakdown the Trust is containing that might be addressed by a targeted CCS.

## Visitor Survey

Poor	<input type="checkbox"/>
Satisfactory	<input type="checkbox"/>
Good	<input type="checkbox"/>
Excellent	<input checked="" type="checkbox"/>

This survey seeks to investigate visitors views of their encounter with the services, in particular to gain an insight into their experiences now that all services have been amalgamated at Denmark Villas. A survey has been developed which can be completed onsite with the aid of assistant psychologists or online. A range of images have been included to ensure that the survey holds attention and is accessible. Data will be collected throughout December.