

Exercise – Example 1

Safety and Other Considerations Assessment

Sonas Group / Relaxing Individual / SIMS Sessions

Important: Safety of Sonas session participants is paramount. This form must be completed by the SPLP in consultation with a healthcare professional prior to involving a person in the Sonas Programme, and updated three months later. The form must be renewed every six months or if the participant's health status changes.

Name of session participant: _____

Signed (SPLP) _____ Date: _____ Review Date: _____

Co-signed (healthcare professional) _____

Does the person have	Yes	No	Comment	Specific Advice for the Sonas Session
Safety considerations				
Hearing loss				
Visual impairment				
Restricted movements				
Difficulties with balance				
Difficulty standing				
Arthritis				
Pain				
Swallowing difficulties				
Dietary restrictions				
Allergies				
Other considerations				
Specific cultural needs				
Any strong dislikes re items to taste or smell				
Other relevant factors				

Review Comments: _____
