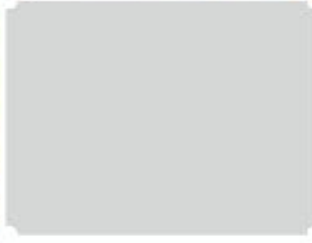
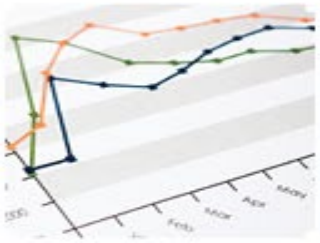
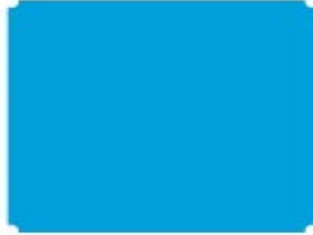


Sensory Rooms



Sensory More in 2024!

A New Year for Creating a Sensory Room



- Managing or Reduce Stress
- Managing or Reduce Repetitive Behaviors
- Managing or Reduce Aggression
- Increase Focus and Concentration
- Increase Interaction and Communication
- Increase Disorientation
- Manage Mood and Personality
- Increase quality sleep habits
- Decrease poor judgement choices
- Increase more ways to Connect
- Increase feelings of confidence
- Increase well-being {what matters most}

Sensory stimulation uses various stimuli for Persons living with Dementia like:

Music

Fragrances

Foods

Images

can all help individuals recall memories they might struggle to remember otherwise.

- Animal Therapy
- Aromatherapy
- Music Therapy
- Hand Massages
- Experiment with Sounds
- Enjoyment of Nostalgic music, shows, movies
- Favorite Foods
- Fidget Toys



The senses are deeply linked to one's memory, making it easier for dementia patients to remember things.



- Scent Boxes
- Baking
- Folding Laundry
- Jigsaw puzzles
- Games
- Pets for visits
- Gardening
- Painting
- Drawing
- Knitting or Crocheting
- Pictures- Memory books
- Asking about their past and listening to the stories



Components of a Sensory Room

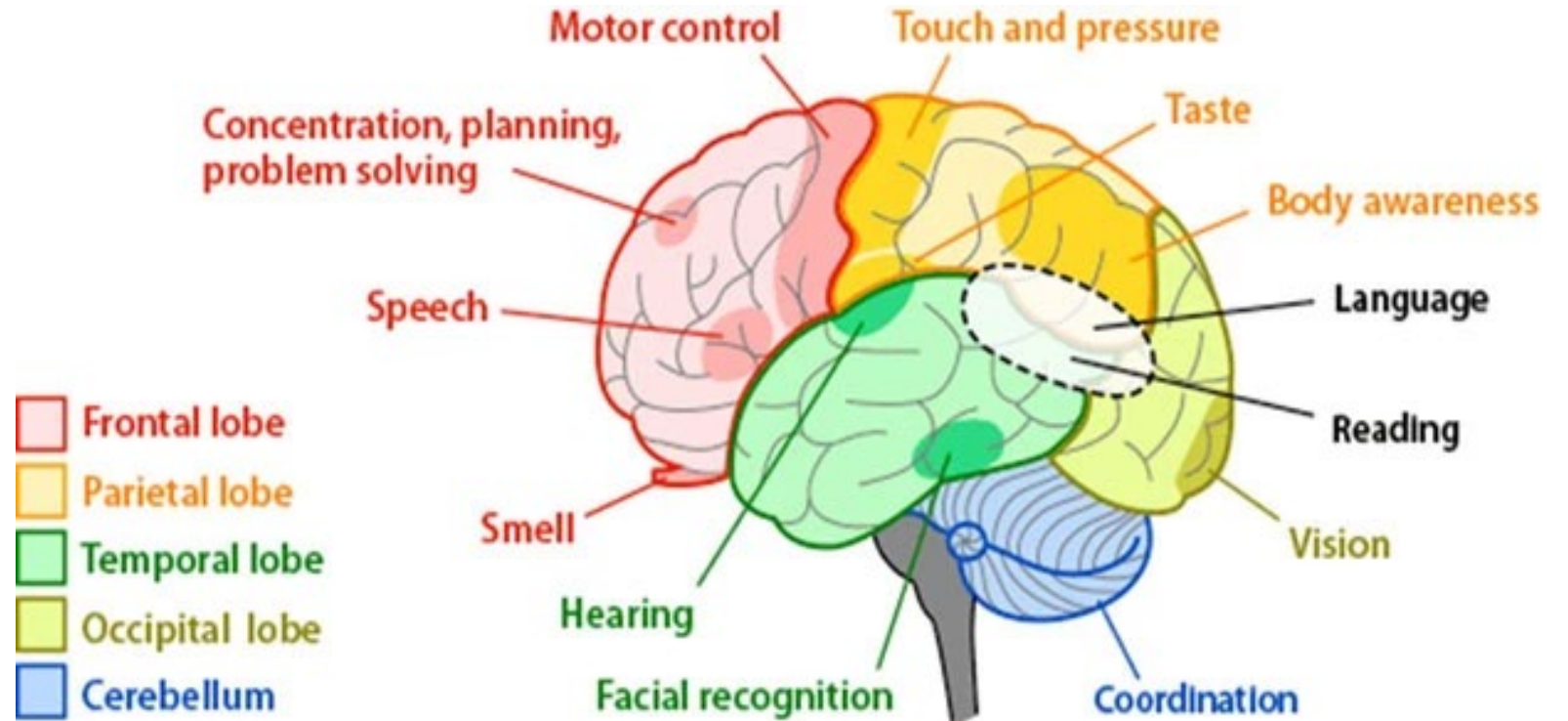


1. Bubble tube.
2. Lighting.
3. Fiber Optic Lighting
4. Beanbag like chairs.
5. Weighted blankets
6. Interactive Wall Boards.
7. Rocking chairs.
8. Stereo or MP3 Player with Headphones.
9. Therapy balls.
10. Lighting/projector that can display various colors & patterns.



Essential Elements

- ☐ Safe
- ☐ Comfortable
- ☐ Soothing
- ☐ Inviting
- ☐ Interactive





All this sensory input, which begins in the brain, has its effect throughout the body.

- Sounds
- Colors
- Textures

Norman Cousins

quote fancy

Stuffed Animals like Sammy the Sloth



Sensory with a Purpose

**With Quality Communication and Connections with our dementia residents,
we can elevate their what matters most goals
and
reach achievements we did not even think possible.**

Live IT!



Experience IT!

Senses Focuses on Quality Connections and Communication

- PIP it
- PDSA it
- RCA it
- Make a Story Board
- Communicate within your team huddles that effective ways sensory rooms can be beneficial
- Take suggestions
- Share your Quality Data with your team
- Use Apps
- Use podcasts
- Use social media

- How do you Measure the quality of a Sensory Room?
 - Resident
 - Family
 - Staff
 - Triggers
 - Behavioral Change
 - Measures

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