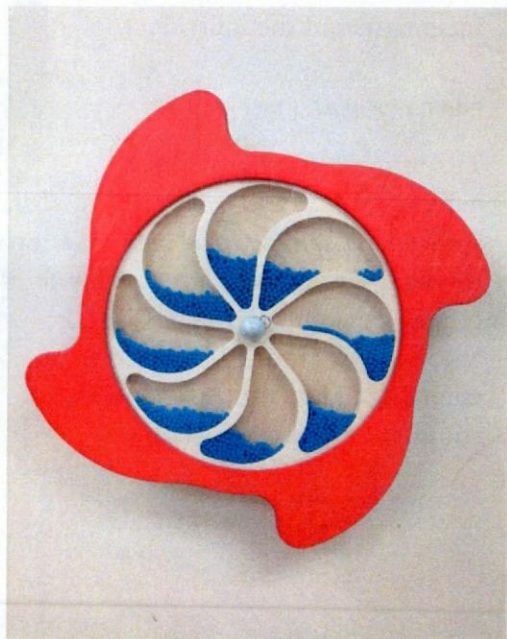


The Snoezelen Room



An information
brochure for
visitors

What is Snoezelen?

Snoezelen is a combination of two Dutch words: snufflen (to explore) and doeselen (to relax).

Developed by Dutch therapists in the 1970's, inspired by the effects of sensory deprivation on participants. Research by Liederman et al. (1958) showed that participants in a sensory deprived environment displayed signs of agitation, hallucinations anxiety after on hour in the sensory deprived conditions. However, they were fully functioning after returning into normal conditions. The Dutch therapists then wondered if there could be a way to produce the opposite effects of sensory deprivation

The Snoezelen environment is a soothing, peaceful environment. As a vacation from the senses, it provides a predictable and safe environment.

BENEFITS OF SNOEZELLEN

- Increased relaxation
- Increased enjoyment
- Improved motor skills
- Increased positive behaviours, mood, and affect
- Reduction in falls
- Improved social interaction between staff/volunteers and residents
- Decrease in anxiety, agitation, disruption, depression, and disengaging behaviours
- There is no language requirements in this room in order to experience the full benefits
- Increased stimulation



Hawthorne Seniors Care Community

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Equipment in the room

We have several equipment to accommodate the many different types of stimulation that can be tailored to a person.

Following is a list of some of the equipment found and a small description of the purpose of each.

BUBBLE TUBES

Bubbles provide the participants and engagement of both their visual and tactile stimulation.



The bubbles rise and fall within a cylinder as the lights illuminate the water to engage the individual visually. The floating objects within the column also provide further stimulation.

The air pump provides engagement of both senses. Firstly, it will engage the visual senses as participants can follow the rise of bubbles. Secondly, the air pump provides tactile stimulation through its vibration of the column.

Participants are given a sense of autonomy with a switch that allows them to control the colour changing light and the speed of the bubbles and balls.

FIBRE OPTIC STRANDS

Fiber optic lights stimulate the tactile and visual sense of the participants. Seniors may run their fingers along the strands, wrap them around the bodies and watch as the strand change colours.

SOLAR PROJECTION AND EFFECT WHEELS

Shining a variety of images on the wall, the images can range from nature scenes to abstract shapes in various colours. Images mesmerize the participant and engage the visual senses as well as the imagination of the individual.

INFINITY PANEL (LIGHT BOX)

The infinity panel provides an exploratory experience for the participant. It allows the manipulation of the light via various buttons. This ability to manipulate lends the sense of autonomy for the individual. The changing light patterns lead to high stimulation of the visual senses.



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