

# Sensitive Room Centers Information Review

## Sensitive Room



[www.sensitiveroom.com](http://www.sensitiveroom.com)



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# Sensitive Room Centers

Our Snoezelen Sensitive Room provides stimulating opportunities that enhance participants' awareness of their environment through the senses of sight and hearing, while helping stimulate their motor movements:

- **Relaxation**
- **Develop Self-Confidence**
- **Achieve a Sense of Self-Control**
- **Encourage Exploration**
- **Creative Activities**
- **Provide Leisure and Enjoyment**
- **Promote Choice**
- **Improve Attention Span**
- **Reduce Challenging Behaviors**



Our Sensitive Room includes:

**Lighting effects** such as projectors with wheels that distributes light patterns throughout the room, bubble lamps , spotlights, star panels, and mirror balls. These lighting effects are best seen if the room has a total blackout capability.

**Sensory activities** such as blowing bubbles, finger painting and using play dough.

**Tactile experiences** such as touching and feeling cotton balls, bubble wrap, sand paper, or feathers.

**Soft items** on the floor such as mats, pillows or beanbags.

**Aromatic items** such as aromatherapy fans and oils.

**Sound effects** such as music, nature sounds, or animal sounds. Selected rhythmical music with a variety of tone, pitch, rhythm, and spacing can be used to soothe participants.

# Sensitive Room Centers

Our mission is to lessen the effect of the Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected and to reduce the risk of dementia through the use of the Snoezelen method.

The objectives are:

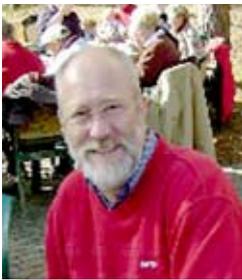
- **Increasing Concern and Awareness of the Disease**
- **Help Alzheimer's participants to become more aware of their environment**
- **Enhancing Care and Support of participants with Alzheimer's disease**



# Snoezelen Concept

The concept of Snoezelen was defined in the late 1970's by two Dutch therapists, **Jan Hulsegge** and **Ad Verheul**.

While working at the De Hartenberg Institute in Holland, a center for people with cognitive disabilities, the two therapists learned of the positive responses a colleague was able to elicit from his severely challenged clients when they were exposed to a sensory environment he had assembled.



The environment stimulates the primary senses of sight, hearing, touch, taste and smell, through the use of lighting effects, tactile surfaces, meditative music and the odor of relaxing essential oils.

Time spent in a sensory room has been shown to increase concentration, alertness, calmness, and general awareness of the surrounding world.

Participants also appear happier while in a sensory room and tend to vocalize more and stay on task.

Finally, participants with perceptual difficulties appear to gain pleasure for the visual, auditory, and tactile experiences.



# Our Senses

The primary function of our senses is to help us experience and react to our surroundings. Our senses let us experience daily situations by seeing, feeling, smelling, hearing, and tasting.

## What Are Our Senses?

The senses with which we are most familiar are:

- **Vision (Visual)**

The visual sense provides us with details about what we see and helps us to define boundaries as our brain processes color, contrast, shape, and movement.

- **Touch (Tactile)**

The sense of touch keeps us in contact with our surroundings. Touch is vital to our survival and is one of our modes of communication. From head to toe, our skin helps us feel temperature, light touch, deep pressure, vibration, pain, and so much more.

- **Smell (Olfactory)**

The sense of smell is very powerful. We use the sense of smell all the time. Flowery, pungent, musty, acrid, and putrid—we identify many things by their smells. We also develop strong memories associated with smells.

- **Hearing (Auditory)**

This sense provides us with details about the sounds we hear such as volume, pitch, rhythm, tone, and sequence.

- **Taste (Gustatory)**

This sense is located in our mouth and gives us feedback on the different types of tastes: sweet or sour, spicy, salty, bitter, etc.



# Our Senses

Two senses with which we may not be as familiar are:

- **Vestibular**

This sense puts balance into our lives. It provides information about movement, gravity, and changing head positions. It tells whether we're moving or still, as well as the direction and speed of our movement. We may even tell whether we are vertically or horizontally positioned, even with our eyes closed.

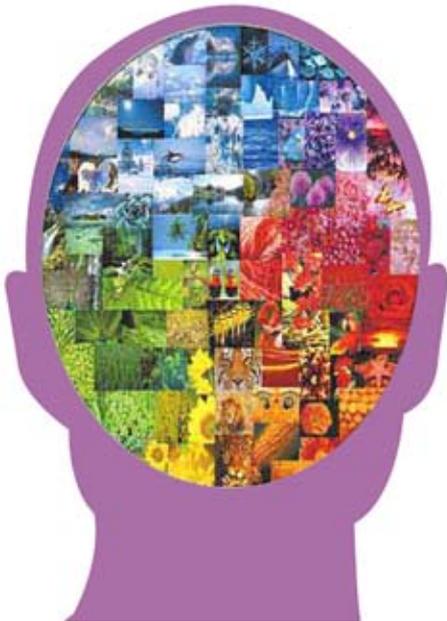
- **Proprioception**

This sense processes information from our muscles, joints, and other body parts to provide us with an unconscious awareness of the position of our body parts in relation to each other and their relation to other people and objects.

These seven senses work together to help us understand our environments

For example, to get into a car we:

- Look at the door (visual)
- Place our hand on the door handle (visual and tactile)
- Squeeze the handle using the proper pressure (tactile and proprioception)
- Pull the door open with the right amount of strength (vestibular, proprioception, visual, and tactile)
- Hear the door opening (auditory)
- Step into the car, step over the floor (visual, vestibular, and proprioception.)



# Our Senses

We take in information constantly through our senses.

What we see, hear, feel, smell, and taste gives us information about ourselves and our environments.

Our brains organize and interpret that information, and we respond with an appropriate action (regard, disregard, seek out, or avoid).

For most of us, the process occurs automatically without cognitive awareness of what is taking place.

For example, someone calls your name. You turn to face the person. Your brain tells you that that person is a friend and the voice is non-threatening. Your response is to smile and answer in a similar tone of voice. All the while, your brain is receiving input and processing the information.

Our Snoezelen Sensitive Room may be used to educate, stimulate, relax, calm, or energize, as a multi-sensory experience or single sensory focus, simply by adapting the lighting, atmosphere, sounds, and textures to the needs of the participant at the time of use. These environments transcend places with their extraordinary flexibility, wide application, and positive outcomes.

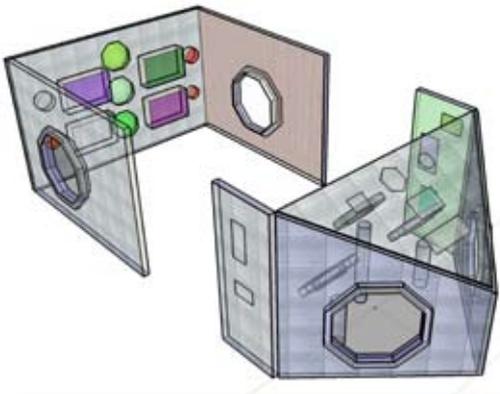
Moreover, our Snoezelen Sensitive Room offers a highly motivating environment for users to enjoy sensory activities that are meaningful and appropriate, facilitated and shared by a therapist, teacher, or caregiver.



# How Sensitive Room stimulates our senses?

- **Vision (Visual)**

The most common use of our Sensitive Room is for visual stimulation. It may be used to encourage awareness to light, tracking, and other visual skills. For example, bubble tubes may be used for tracking and fiber optics may be used to increase light awareness.



- **Touch (Tactile)**

Our Sensitive Room provides multiple tactile experiences. Different textures on panels, products such as balls, sponges, and brushes, as well as vibrating mats and massagers, offer head-to-toe tactile stimulation opportunities.

- **Smell (Olfactory)**

Our Sensitive Room is an excellent place to experience smell. Use the tranquil environment to set the mood, along with smells from aromatherapy kits or real objects such as oranges, apples, or fresh flowers.

# How our Sensitive Room stimulates our senses?

- **Hearing (Auditory)**

In our Sensitive Room, we use music, instruments, or even movies playing through a data projector to experience sound. Whether using a CD player, stereo, radio, or data projector, remember to move it around the room to let all participants experience the differences in volume as a result of a change in proximity.



- **Taste (Gustatory)**

Our sense of smell is closely tied to our sense of taste. Although there is no specific equipment in our Sensitive Room to stimulate this sense, you may present participants with simple-to-eat foods that they enjoy once they have achieved a state of relaxation. Be sure to check for food allergies before introducing any new activity.

- **Vestibular and Proprioception**

Walking across a floor covered with mats in our Sensitive Room incorporates both the vestibular and proprioceptive senses. Using the furniture in our Sensitive Room to help participants experience these senses. Beanbag chairs and the Leaf Chair are great for providing vestibular and proprioceptive stimulation.

## How long will the benefits last?

- Typically, results are achieved within 4-6 months of beginning any Snoezelen program.
- Most participants tend to be aware of benefits after 14-20 sessions.
- During and following our Sensitive Room sessions, participant's results will be continuously assessed. They will be informed of his/her progress on the various psychological assessment scales.
- Participants tend to return for Sensitive Room maintenance after approximately 10-12 months. This time frame varies between each participant.
- We encourage our participants to contact us if they sense their symptoms are returning. Our Sensitive Room staff does its best to promptly accommodate needed appointments.



## Our Sensitive Room Procedure

Imagine being in a room filled with colored lights dancing on the walls, gentle sounds playing in the background, wonderful scents floating in the air, and bubble tubes, all designed to be stimulating but not overwhelming. Beautiful and fascinating to watch, sound and light walls paint an ever-changing light picture in harmony with the changing pitch and timbre of a variety of soothing music. This is what our clients experience in our dedicated **Sensitive Room**.

Our Sensitive Room promotes mental alertness, calm and comfort, and allows our resident to be more oriented to their surroundings. Particularly with those participants who are on ventilators, being more relaxed encourages improved breathing.



The relaxed, calming atmosphere of our Sensitive Room provides an ideal situation for the development of therapeutic relationships and sensory stimulation. As they experience the deep relaxation of Snoezelen, people suffering from tension, depression, or anxiety can relax and open up to discuss their feelings.

Caregivers have been turning to Snoezelen to provide relief from acute and chronic pain. Indications are that the Snoezelen environment offers distraction from pain, a “rehumanizing” effect due to deep relaxation, and all the benefits of leisure which might not otherwise be available to pain sufferers.

Individuals with Alzheimer’s disease achieve positive results with Snoezelen. We have seen consistent improvement across a wide spectrum of categories with a broad range of clients including improvement in effective state, cognition, communication, and functional behavior.

# Our step-by-step Procedure

## PRE-ARRIVAL:

- Submit completed referral form
- Book consultation and appointment times

## STEP ONE:

- Tour of the facility
- Complete a Participant Information Questionnaire
- Review and sign consent forms
- Pre-treatment Interview

## STEP TWO:

- Our Sensitive Room sessions will begin
- Treatment is administered by a trained technician
- The technician will familiarize the participant with the equipment and treatment procedure prior to commencing the first session
- During treatment, participants are fully conscious and able to read or converse with the technician

## STEP THREE:

Duration:

- Sensitive Room Center treatment protocol consists of approximately 20 sessions (depends on the disorder being medically treated)

### OPTION 1:

6-week treatment	1 session per day Monday to Friday	24 sessions
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### OPTION 2:

3-month treatment	2 sessions per week	24 sessions
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### OPTION 3:

6-month treatment	1 session per week	24 sessions
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- Each session is 60 minutes in length.



# Our step-by-step Procedure

## STEP FOUR:

Communication: Participants can discuss freely any concerns and ask questions as they arise. We encourage our participants to keep us informed as to how we can help make the treatment experience as comfortable as possible. We are pleased to speak with a participant's referring doctor throughout the process.

## STEP FIVE:

Last Day of Treatment: Participants will complete the standard assessment scales. They will be provided with a Participant Take-Home Package, consisting of a Participant Satisfaction Survey and applicable assessment scales. We request that these forms be completed and mailed back to us 2 weeks following the final treatment.

## STEP SIX:

Follow-up: the Sensitive Room Center Team cares about our participants' progress following treatment. It is our priority to keep in contact with participants and we encourage them to do the same. Regular follow-up via telephone and/or email will be maintained. Participants can expect to hear from us at 2 weeks, 1 month, 3 months, 6 months and 1 year following the final Sensitive Room program.

## STEP SEVEN:

Maintenance: on average, participants return for maintenance procedure after 9-12 months. This will vary from participant to participant. If a participant feels he/she requires maintenance sessions, we encourage him/her to contact us.



# Why choose our Sensitive Room Center?

## Quality Participant Care

Providing quality participant care is not only our priority, but is incorporated into everything we do.

From the moment you contact us and during your initial consultation, we will provide you with the information, you need to make an informed decision about our Sensitive Room Program. Our staff is knowledgeable, caring, and enjoy working with you to provide the best possible care. Our quality participant care program also incorporates a sophisticated outcome tracking system so that we may foster an ongoing relationship with you and see your progress from your treatment sessions.

Please feel free to contact us and ask questions to learn more about Sensitive Room Program. Providing participant care on a personalized basis is important, and we enjoy talking to you so that you may become informed about us and the expected outcomes associated with our program.

We understand that living with mood disorders and receiving treatment may be difficult, and this is why we strive to provide you with a pleasant and comfortable treatment environment. The location and layout of our center have all been designed with you, our participant, in mind.



## Why choose our Sensitive Room Center?

Our center is centrally located so that it is accessible by personal and public transportation. The design, layout, and features of our clinic have been specially tailored so that you will feel comfortable and have a pleasant treatment experience.



### Our Staff

Our network of caring and highly trained staff is dedicated to helping you improve your quality of life and receive a pleasant treatment experience.

We feel that our program experience is just as important as the process itself. Our staff is approachable, friendly and committed to quality participant care, and will help you plan accommodations near the center, assist with transportation routes, and offer activities and exercise options to engage in when not in treatment.

## Are you a candidate for our Sensitive Room?

The best way for you to determine if our Sensitive Room program is right for you is by discussing it with your family doctor, psychiatrist, or another qualified health care professional.

In order to ensure participant safety, the following general requirements will need to be met prior to receiving a Sensitive Room program.

- Currently have a diagnosis by a psychiatrist or physician. (NOTE: a completed **Sensitive Room** questionnaire will be required to be eligible for treatment)
- No previous history of epilepsy

Also, in the initial consultation with our Sensitive Room Center, we will confirm that you are a good candidate, explain the procedure, and answer any persisting questions.

Proper pre-procedural screening ensures that we proceed with our Sensitive Room program only when it is medically advisable.

Please note:

- Sensitive Room program is not suitable for the treatment of personality disorders or a psychosis.
- Sensitive Room does not substitute to any medical treatments.



## Sensitive Room cost

Our Sensitive Room Center believes in providing quality participant care, and affordability for our participants is important.

Sensitive Room program is not medical insured. The majority of our treatment protocols costs \$250 per session.

A course of treatment is estimated to cost between \$5,000 to \$7,500.

Customized packages are also available.

Financing for our Sensitive Room Center may also be available.



## Testimonials

"Thank you so much Sensitive Room for making this whole process so pleasant. Right from the start, I've felt welcomed and comfortable. The professionalism, thoughtfulness, and good humor in this office are amazing. You make a difference!"  
Roger H.



"I don't quite know how to thank all of you. Your kindness and patience will always be appreciated. I came to Sensitive Room with no hope of life becoming better and you not only provided a service that changed that, but you did it with grace and care. I am forever grateful to you."  
Ella W.



"I want to tell you how much I appreciate the kindness, care, and concern that you gave me while I was in your Sensitive Room. You made me feel so at home that it was hard to leave."  
Kirk T.



"In all the years of dealing with healthcare staff I have never met such a kind, genuinely caring group. You all went above and beyond so many times to help – I am touched deeply by you all."  
Margarita F.

# Sensitive Room Centers

## Locations:



### USA:

#### **Florida Sensitive Room Center**

17101 NE 19<sup>th</sup> Ave., Suite 205  
North Miami Beach, Florida 33162

**305.921.9952**

[www.sensitiveroom.com](http://www.sensitiveroom.com)

Email: [bandbmembers@gmail.com](mailto:bandbmembers@gmail.com)



### Europe:

#### **Aurore Sensitive Room Center**

168bis rue du General Leclerc  
93110 Rosny Sous Bois, France  
Tel : + 33 (0) 1 48 12 50 00  
[www.clinique-aurore.com](http://www.clinique-aurore.com)



#### **Hoffmann Sensitive Room Center**

1, rue du Docteur Schweitzer  
93110 Rosny Sous Bois, France  
Tel: +33 (0) 1 48 12 40 00  
[www.clinique-hoffmann.fr](http://www.clinique-hoffmann.fr)

# Questionnaire for Participant

Please ensure the following questions have been completed:

1 - Does the participant have any of the following?

Cardiac pacemaker  Yes  No    Aneurysm clip     Yes  No  
Neurostimulator     Yes  No    Cochlear implants  Yes  No

2 - Does the patient or any first degree relative have idiopathic epilepsy?     Yes  No

3 - Does the patient suffer from significant cardiac disease?     Yes  No

4 - Is there any history of either alcohol or drug abuse?     Yes  No

5 - Has the patient made any suicide attempts or is patient currently suicidal?     Yes  No

6 - Does the patient have any infectious diseases?     Yes  No

7 - Does the patient have a personality disorder?     Yes  No

\_\_\_\_\_  
Patient Name

\_\_\_\_\_  
Date of Birth (MM/DD/YYYY)

\_\_\_\_\_  
Address

\_\_\_\_\_  
City and State

\_\_\_\_\_  
Zip code

\_\_\_\_\_  
Country

\_\_\_\_\_  
Tel

\_\_\_\_\_  
Fax

\_\_\_\_\_  
Email

\_\_\_\_\_  
Date and Signature

## More information about Snoezelen

These resources are intended to provide access to publicly available information on issues related to Snoezelen topics. Sensitive Room does not endorse or assume any liability or responsibility for the information or recommendations contained or presented in the following information websites.

[www.spdnetwork.org](http://www.spdnetwork.org)

Information on Sensory Processing Disorder, conferences, workshops, scientific research and patient connections.

[www.jkp.com](http://www.jkp.com)

An independent publisher of accessible, professional and academic books in the social and behavioral sciences.

[www.cdhaf.org](http://www.cdhaf.org)

A non-profit organization whose mission is to enrich the lives of individuals with cognitive, physical and emotional impairments through Multi Sensory Environments.

[www.eparent.com](http://www.eparent.com)

Exceptional Parent Magazine.

## More information about Snoezelen

[www.autisminspiration.com](http://www.autisminspiration.com)

Features new articles surveys and training as well as fact sheets relating to the spectrum of autistic disorders.

[www.sensoryconference.com](http://www.sensoryconference.com)

Website for the "Come To your Senses" conference.

[www.wrongplanet.net](http://www.wrongplanet.net)

An online resource and community for those with Asperger's Syndrome. The site features forums, chat rooms, blogs and a photo gallery.

[www.ablelink.org](http://www.ablelink.org)

A free internet community where kids with disabilities or illness can meet role models, mentors and friends.

[www.kidfoundation.org](http://www.kidfoundation.org)

Focuses on research, education and advocacy related to Sensory Processing Disorders.

[www.isna.de](http://www.isna.de) International Snoezelen® Association.

[www.worldwidesnoezelen.com](http://www.worldwidesnoezelen.com)

Worldwide Snoezelen Association.

[www.tfhusa.com](http://www.tfhusa.com) Full range of Multi-Sensory Equipment including design and installation. Sense-Zational Environments.

# Literature Review on Snoezelen

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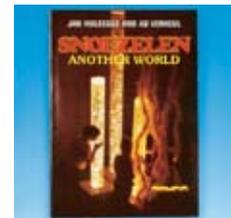
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# Recommended books on Snoezelen

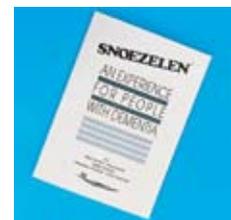
## **Snoezelen: another World**

Learn all about Snoezelen: concepts, techniques, equipment, and the pioneering work done at the Hartenberg Institute in the Netherlands under the direction of Jan Hulsegge and Ad Verheul. An important reference for those working with people with severe physical and cognitive disabilities.



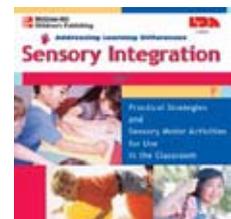
## **Snoezelen: an Experience for People with Dementia**

An Experience for People With Dementia. A reprise of research carried out at Kings Park Community Hospital in the United Kingdom, focusing on Snoezelen as a therapeutic environment for elderly patients with severe confusion.



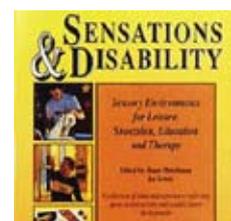
## **Sensory Integration**

Practical Strategies and Sensory Motor Activities for Use in the Classroom. Addressing the needs of children aged 3 and up with sensory integration dysfunction, this handbook offers practical, detailed information, tools, and strategies for ability enhancement. Categories include poor posture, clumsiness/poor coordination, excessive restlessness, fine-motor problems, attention deficit, learning behavior, weakness/floppiness of extremities, and bilateral integration problems.



## **Sensations and Disability**

A collection of ideas and experiences reflecting upon current activity and the future of sensory environments. Contributions from specialists in adult learning disabilities, special education, and elderly mental illness from Europe and North America.



# Sensitive Room



## USA:

### **Florida Sensitive Room Center**

17101 NE 19<sup>th</sup> Ave., Suite 205  
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