

Who Can Benefit from a Sensory Room?

Everyone can benefit from a Sensory Room!

Research also shows immediate and short-term benefits for people who have challenges with:

- mood
- managing stress
- feeling agitated
- memory, organizing, and other thinking skills
- language
- socializing
- processing sensory information



How do I Access a Sensory Room?

Your health care team will need to do an assessment to make sure use of a sensory room meets your needs.

Sensory rooms are client-centred and can be individualized. Each person has their own sensory needs and responses to different sensory materials, including likes and dislikes.



Sound Interesting?

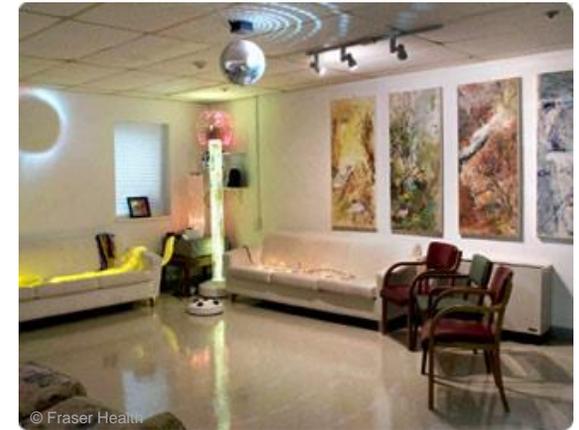
Ask someone on your health care team how to get started!

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

Catalogue #266607 (September 2020)
To order: patienteduc.fraserhealth.ca

Try our Sensory Room!



Learn how to use your senses to build new wellness skills and strategies



Did you Know?

The things that you see, hear, smell, taste and feel with your body can change your emotions and energy levels. Using your senses in these ways can be helpful.



What is a Sensory Room?

A sensory room has interactive materials that engage your senses in many different ways. Though there are many specific benefits, a primary benefit of a sensory room is the opportunity to continue to improve how you deal with different emotions and different energy levels.



Try our Sensory Room



Sensory Room Benefits

Benefits include:

- better self-control of feelings
- maintaining autonomy
- feeling energized
- better coping with stress
- less anxiety
- better mood
- relaxation and soothing states
- calmness
- better interactions with others
- use in your current and future wellness plans

What can I do in a Sensory Room?

Each sensory room will have a variety of materials to help you focus on different sensory experiences. Some examples of things you can do include:

- relaxation exercises on a massage mat.
- exploring different scents and how they affect your energy level. For example, lemon as energizing, and lavender as calming.
- using music combined with breathing exercises to improve your mood.
- paying attention to lights, projected images or other visuals to help focus on the present moment.
- noticing how focusing on different textures can help you feel more aware and in control of your feelings.



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