

Multi-Sensory Room

Information for Staff



A Multi-sensory environment is a dedicated space or room;
*“where stimulation can be controlled, manipulated,
intensified, reduced, presented in isolation or
combination, packaged for active or passive interaction
and temporally matched to fit the perceived motivation,
interests, leisure, relaxation therapeutic and or educa-
tional needs of the user”.* (Pagliano, 1998)

Background

The concept of the Multi-Sensory /Snoezelen room was developed in Holland as a method of providing appropriate relaxation and leisure facilities to people who have sensory and or learning disabilities. The word Snoezelen comes from two Dutch words ‘sniffing’ and ‘dozing’ (Haggard, 1991).

What is a Multi-Sensory Room?

Multi-Sensory rooms are specially designed environments which give users an opportunity to completely relax or access a wide range of sensory experiences for therapy, learning or fun

Multi-Sensory rooms are used by people of all ages and all abilities for relaxation, focused work, stimulation, physiotherapy, communication and stress release. They are sometimes also used for specific work, such as a teaching tool for children with additional needs.

Our Sensory Room has been designed by the Play Department, the Occupational Therapy Department, and the Projects Office to offer the best possible environment for children and young people. This exciting new project has been funded by the fundraising department.

We would like to say a very sincere thank you to our sponsor – Vodafone Ireland Foundation. This partnership was created and facilitated by the Fundraising Office at the Hospital.



The mission of the Fundraising Office is to raise funds to enable Temple Street Children's University Hospital to continue to provide world class medical care to babies and children from all over Ireland. Temple Street is a centre of excellence in paediatric healthcare, training and research and we will continue to value a 'whole family' approach to the care we provide.

The Fundraising Office will continue to assist the Hospital in consolidating its position at the forefront of paediatrics through the refurbishment of hospital facilities, the development of new services, the funding of vital life-saving equipment, research and the provision of funds for support services for the parents and families of the sick children in our care. In the past 4 years our Fundraising Office has invested over €18,000,000 into a large number of different projects throughout the Hospital.

Vodafone Ireland Foundation (VIF) was established in 2003 and is the first Foundation of its kind in Ireland. It is among 24 Vodafone Foundations around the world (www.vodafonefoundation.org) and is part of Vodafone's commitment to be a responsible global citizen and member of society.

In the period since its launch in 2003, the Vodafone Ireland Foundation has provided funding for a wide range of charitable projects throughout Ireland, spending in excess of 4.5 million Euros.



Our Multi-Sensory Room

Our Multi-Sensory Room is a unique environment within the Hospital. It facilitates relaxation and escapism for children and young people through immersion in an environment of specialised equipment. The Multi-Sensory Room is open to patients attending the hospital on a referral basis only to the Multisensory Room Co-ordinator,

The room can be used with individual children or small groups. Each session is individualised according to the needs of each child. In the Multi-Sensory Room we use;

- ★ Fibre optics,
- ★ Wall projections,
- ★ Multi-media projector
- ★ Twinkle lights
- ★ Aromatherapy
- ★ Large bubble tube
- ★ Ultra-Violet light
- ★ Interactive panel
- ★ Visual perception box
- ★ Tactile objects
- ★ Music and movement

These tools aim to achieve an environment which stimulates the senses and promotes relaxation and communication with children.

Visual stimulation:

One of the most popular uses for the room is stimulation, we often concentrate our efforts on visual stimulation. The Multi-Sensory Room can be used to encourage awareness to light, fixation, tracking and other visual skills. The bubble tube can be used for tracking, the projector for fixation and the visual perception box, for the perception of light.



Hearing:

Sound in the Multi-Sensory Room can be experienced through music, percussion instruments and many other forms of media which are available. The sound can be moved around and throughout the room to allow children and young adults experience proximity, volume and frequency.

Touch:

The sense of touch is vital and one of the best methods of communication for a child. We learn about our sense of touch through experience, the Multi-Sensory Room is a place to experience tactile objects and the tactile panel. This can be highlighted with projections and other lighting equipment.

Taste:

Taste can be used with other themes in the Multi-Sensory Room. It would also be used to trigger memories and experience. Tasting Programmes with the individual children and young adults can be set up if required.

Smell:

Smell provides us with lots of information and is sometimes seen as one of the complementary senses. It is smell and taste that often help a child reinforce a visual or sound image. The room can be an excellent environment to experience smell by using real objects. We can use a smell kit and aromatherapy to set the mood of the room.

How Else Can We Use the Multi-Sensory Room?

Relaxation:

The Multi-Sensory environment is an ideal environment for relaxation to occur. It would be an ideal place for a child who is anxious about a procedure or the hospital environment, to come and unwind, thus allowing the processes of communication and expression of feelings to occur.

Choice:

Throughout sessions within the Multi-Sensory environment we give opportunities to children and young people to make choices, this is something which is important as he/she may have few opportunities to make choices in a hospital . In the Multi-Sensory Room freedom of choice can be used for enjoyment and development.

Communication:

There are a many aspects of communication which can be developed in the Multi-Sensory Room including; turn taking,object referencing and speech. Body Language is something which can be observed and noted. Children will be encouraged to express their feelings in this controlled environment.

Assessment:

An Assessment of all the senses can be carried out, as this is a controlled environment with a variety of equipment. Simple assessments will allow us to gain knowledge about an individual's sensory and communication abilities and motor skills.

These assessments and the facilitator's comments will be documented and passed on to relevant members of the multi-disciplinary team. If requested the facilitator can carry out an observation on a particular child.

Theme Work:

Themes can often make sessions more meaningful and interactive depending on the individual child or young person. The theme can last for one session or be carried throughout sessions. Themes will be used with children who have already had a variety of sessions in the room.

Referral System

The Room is open to patients attending the hospital. The room can be used with individual children and small groups. Referral Forms, which are available on all wards and in various departments.

Referrals must be signed by a doctor or CNM.

Referral Forms will be collected from wards on a daily basis.

For Further Information please contact:

Jill Moore (Play Specialist/ Coordinator) bleep 709#

Caroline Flynn (Senior Play Specialist) Ext: 4455

Authors; Jill Moore

Version; 1

Approval Date; August 2016

Revision Date; August 2018

Copyright © Temple Street Children's University Hospital.



The information contained in this leaflet is correct at time of print