



Sensory Room information and record sheets

KNOW YOUR SENSORY ROOM!!

Take time to learn about your sensory room BEFORE you go in with the person you support.

YOU need to be comfortable and familiar with an effect before becoming flexible in its use.

DEVELOPING sessions in a sensory room is about imagination and your relationship with the person you support.

YOU are the most important piece of equipment

A sensory room is an area where people can experience:

| | |
|------------------------|--|
| Relaxation: | soft music, soft lighting, no pressure |
| Choice/Control: | show preferences – operate switches |
| Communication: | through body language, turn taking |
| Movement: | the freedom to move safely |

Used incorrectly, a sensory room could be:

| | |
|---------------------------------|---------------------------------------|
| Meaningless | No aims and objectives |
| Confusing | “Where am I and what’s going on?” |
| Stressful and bombarding | Too much stimuli and no communication |