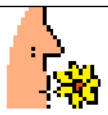




Sensory referencing



Sensory referencing is the use of sensory cues (touch, smell, vision and hearing) to alert an individual to things happening in the environment - a person, place or activity.

Sensory references can be things naturally present in the environment or can be purpose made for a situation.



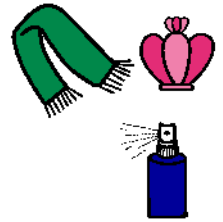
Ideas for sensory referencing



Encouraging an individual to feel the bars of a trolley outside the supermarket to signal the event of shopping.



Spraying perfume on a scarf and encouraging an individual to feel and smell the scarf to signal that their mother is here to visit.



Using an air freshener in a room (e.g toilet) so the individual is aware of the room they are entering.



Coloured streamers over the doorway to a room (e.g. sensory room) so the individual can walk through them, feel and see them and know that they are entering that room.

Playing the same piece of music when an individual enters a room so they are aware of the room they have entered and the event that is taking place



Different coloured doorways and different floor surfaces can be used to signal different areas/ rooms/ activities etc



How to use sensory referencing



Sensory referencing is always used either at the location or as you enter where the event is happening. Encourage the individual to take part by touching, smelling, seeing and hearing the various sensory cues being used in that specific situation.

Give verbal prompts to focus the individual on the event (e.g. 'We are going shopping now. Here is the shopping trolley. Feel the bars of the shopping trolley') and assist them in interacting with the sensory cue (e.g. touching the bars of the shopping trolley). Then begin the event.

More than one sensory cue can be used at one time to create a multi sensory experience but be careful of using too many cues and do not use the same cue for a different event or it will be confusing for the individual. The same sensory cue needs to be used every time that event occurs so be sure that the cue can be repeated and remains the same.