



The Rec-Room

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Editor

Kimberly Grandal BA, CTRS, ACC
 Executive Director

Inside This Issue

- *Article: Success-Oriented Sensory Stimulation
- *Spring 2008 Seminars in NJ
- *Melody Lane News
- *Praising God Through Movement
- *March raffle courtesy of Melody Lane
- * Irish Proverbs

Products and Services

- *Free Job Post (*national*)
- *Activity and TR Resources
- *Forms and Manuals
- *Recreation Department Review Manual (*a must!*)
- *Interdisciplinary Approach to Quality of Life In-Service (*just \$15*)
- *Free Forms and Materials

Spring 2008 Seminars in NJ

Spring Blooms: Growing Your Horticultural Therapy Program

Speaker: Patricia Czarnecki
 Certified Horticultural Therapist, MBA
 March 13, 2008
 Berkley Heights, NJ
 3 CEU's

A Quality Assured Recreation Department: Quality Monitoring Methods for Recreation Directors

Speakers: Kimberly Grandal, BA, CTRS, ACC
 May 22, 2008
 Clifton, NJ
 3 CEU's

Taking the Write Path: Recreation Documentation for Quality of Life

Activity SOS: Success-Oriented Sensory Stimulation

By: Kimberly Grandal, BA, CTRS, ACC

Sensory stimulation programs are one of the most common types of activities found in long-term care facilities. Simply stated, sensory stimulation is a technique that provides meaningful and common smells, movements, feels, sights, sounds, and tastes through the stimulation of all six senses. There are many benefits to providing sensory stimulation such as increased communication, environmental awareness, relaxation, cognitive stimulation, opportunity to build a rapport, enjoyment of a leisure experience, increased quality of life and much more.

Although many residents may benefit from sensory stimulation, the target audience most commonly includes individuals with moderate to severe cognitive impairment, those who demonstrate repetitive behaviors such as rubbing table trays or chairs, residents who demonstrate little or no response to external stimuli, and residents with impaired communication.

The planning phase is a very important part of success-oriented sensory stimulation programming. Identify which residents will benefit, assess their needs and interests, and plan accordingly. You may choose to offer a general sensory program which focuses on ALL the senses such as Discovering Your Senses, Sense-Abilities or the S.P.I.R.I.T. program (Sensory Program and Individualized Recreation Intervention and Techniques). Other programs may focus on a specific sense such as Picture Identification, Name That Sound, or Taste and See. The following are some creative names for various sensory programs:

Snoezelen, Aromatherapy, Hand Massages, Picture Identification, Sensory Stretch, Sensory and Movement, Making Scents, Feel and Describe, Sensory Awareness, Five Alive Sensory, S.P.I.R.I.T. Program, Discovering Your Senses, Tactile Stimulation. Sense-Abilities, Name that Sound, Sensory/Nature Videos, Seasonal Sensory (i.e. Winter Sensory, etc), Color Sensory (i.e. Color Sensory i.e. Blue Sensory), What's the Sense? Picture Identification, Sensory and Music, Taste and See.

There are many methods to providing a quality therapeutic sensory program. Some tips include:

- Offer group or 1x1 sessions in the morning
- Offer the same time each day
- Offer in a quiet and comfortable setting
- Provide as tolerated
- No more than 8-10 residents for one staff
- Attempt to stimulate ALL of the senses or pertinent senses
- Create *individualized* sensory kits (send a letter to family members requesting items that would be most important and meaningful to the resident-contact Kim Grandal from Re-Creative Resources Inc. for a free sample letter)
- Create theme-related sensory kits
- Utilize a sensory planning form (available through Re-Creative Resources Inc.)

What's the sense? How do you know if it is working? Many recreation and activity

*Many hands make light work.
*Long churning makes bad butter.
*It is not a secret if it is known by
three people.

Contact Kimberly Grandal

*Phone: 732-340-1210

*Send an E-mail

*Visit our website
www.recreativeresources.com