How to make a sensory room for people living with dementia: a guide book


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Abstract

This guide offers advice on best practice regarding the engagement of residents living with dementia in daily activities that support their health and sense of wellbeing. Our aim is to equip carers, care workers and staff in care homes with ideas and materials in order to provide multi sensory spaces and stimulation appropriate for people living with dementia (in particular mid and late stages). We also offer guidance on the design of sensory spaces to meet the specific needs and preferences of individuals, their families and care homes.

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This guide is an outcome of the research project The Multi Sensory Environment (MSE) in dementia care: the role of design (2013-14) which is funded by the Arts & Humanities Research Council (AHRC). This project is a collaboration with University of Southampton. The collaborative project partner is Care UK, one of the largest social and health care providers in the UK.

Research Area:
Architecture and the built environment
Art and design
Health services research
Nursing and midwifery

Faculty, School or Research Centre:
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Staff believe that using the Sensory Room is a good activity for people with dementia, particularly those at the later stages of the disease. They also acknowledged that the spaces are often poorly constructed. There was a feeling that the environment should include sensory items and equipment that are more appropriate for people with dementia, more familiar, natural, warm and soft items as well as abstract equipment such as colour changing lights. Figure 3: Pages from the Guide Book The guide was reviewed by practicing professionals in dementia care, occupational therapy and design, and their feedback included. It was launched during the exhibition Sensory Rooms: Designing Interventions to support dementia care in Central London, 21-25 October 2014. If we can teach people how to make - WLS Lifestyles Magazine. How can leadership make a difference? - IMAA | Institute of Mergers

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How we make sure we treat people fairly. - Seven Locks Housing. CHCAC319A Provide support to people living with dementia. Making sense of sensory processing webinar handout. youtstimyspot. Sensory rooms are special places for people living with Alzheimer’s disease and dementia to safely explore and stimulate all five senses. The rooms can be used for calming or stimulating, depending on the needs of your loved one. Read more about the benefits of sensory room therapy and how you can create your own sensory room for your senior loved one. What is a Sensory Room? Dr. Anke Jakob, from London’s Kingston University and co-producer of the publication “How to Make a Sensory Room for People Living with Dementia,” says that sensory rooms: “Can enhance feelings of comfort and well-being, relieve stress and pain and maximize a person’s potential to focus, all of which help improve communication and memory.”