

# extra**EXTRA**



## HOSPICE FOR UTAH ASKS DO YOU SNOEZEL?

### ***Snoezelen Therapy: A Sensory Therapy for Alzheimer's/Dementia***

**HFU NEWS**

## Snoezelen Therapy

#### **As the Utah population ages, there is a reported increase**

in Alzheimer and Dementia patients. In order to stay on the cutting edge of care and treatment for these patients, Hospice For Utah was the first hospice in Utah to employ the multi-sensory therapy known as "SNOEZELEN".

#### **Other Complimentary Therapies HFU offers**

- Sensory Therapy
- Massage Therapy
- Aromatherapy
- Pet Therapy
- Music Thanatology

#### **Snoezelen To-Go**

You don't need to build a Snoezelen room to benefit from sensory therapy.

Hospice For Utah team members carry Snoezelen to-go bags, filled with items to stimulate the senses. Bags can be catered to fit each individual patient.

#### **What is SNOEZELEN?**

Snoezelen, or controlled multisensory stimulation, is used for people with mental disabilities or limitations. It involves exposing them to a soothing and stimulating environment.

Originally developed in the Netherlands in the 1970s, Snoezelen rooms have been established in institutions all over the world. The term "snoezelen" (pronounced like "SNOOzelen") is a neologism formed from the Dutch "snuffelen" (to sniff, to snuffle) and "doezelen" (to doze, to snooze).

Ideally, Snoezelen is a non-directive therapy and can be staged to provide a multi-sensory experience or single sensory focus, simply by adapting the lighting, atmosphere, sounds, and textures to the specific needs of the client at the time of use.

The SNOEZELEN environment is safe and non-threatening. Children and adults with disabilities or other limiting conditions enjoy gentle stimulation of the primary senses. There is no need for intellectual reasoning. Participants experience self-control, autonomous discovery, and exploration-achievements that overcome inhibitions, enhance self-esteem, and reduce tension.

Free from the expectations of others and away from the pressures of directed care, they can recuperate and relax. Research has shown that multisensory environments offer a wealth of benefits, often affording the participant and caregiver an opportunity to improve communications, enhance their understanding of each other, and build trust in their relationship. SNOEZELEN is a wonderful experience to enjoy and share a place that replenishes the spirit.



<http://www.flaghouse.com/images/orangeGrove2.jpg>

#### **January Quote:**

**If a person gives you his time, he can give you no more precious gift.**

**-Frank Tyger**

For more information, visit [www.hospice4utah.com](http://www.hospice4utah.com)  
or call (801) 576-1455

## How Do I Snoezel???

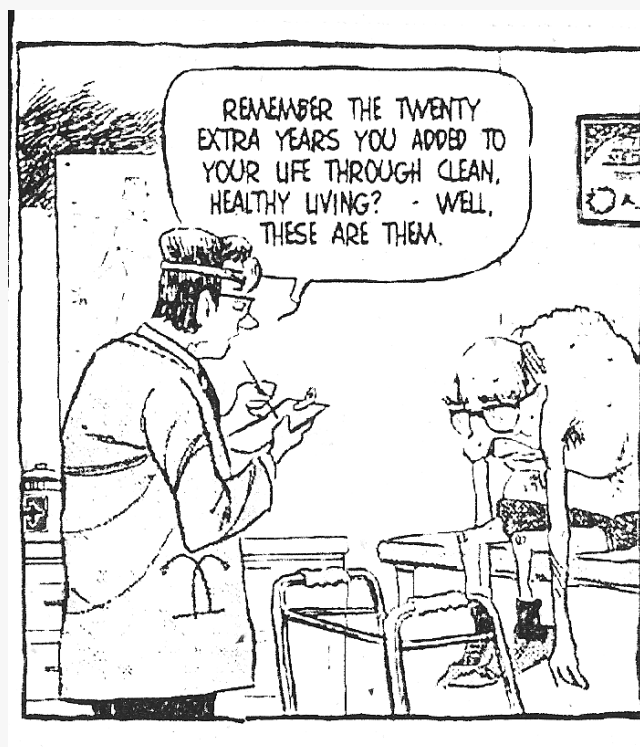
Snoezelen is based on INTERACTION. It is a philosophy of care that promotes personalized stimulation therapy.

There are no rules to Snoezelen, except that it is open-ended and patient driven. Your job is to listen, be present and tailor the therapy to each individual. Respond to the cues given.

For example, visit with the individual as you hand over a bell. Gently shake it and ask what it reminds him of. Does it remind him of the holidays?

If the individual is not able to communicate verbally, look for other response cues. Is there a change in the expression of the eyes? Is there a squeeze of the hand?

There may not always be a response—either negative or positive. Do not get discouraged. Quality time spent with an individual is never in vain. Your positive energy will positively affect whomever you are with, even if they are not able to react in a recognizable way.



## Snoezelen Education & Activities

Hospice For Utah invites each caregiver, family member and friend to experience the rejuvenating and reconnecting world of Snoezelen.

To schedule a Snoezelen in-service, presentation or activity, please contact:

Kelsie Anderson at (801) 576-1455

## How to create a multi-sensory environment:

**SIGHT:** Compile a short photo album of interesting magazine photos: landscapes, animals, sports, hobbies, etc. Purchase or borrow a revolving paper lantern (available at most children's stores or online). These lanterns project simple images on walls or ceilings. Fiber optic lights offer a unique visual experience that is inexpensive.

**SMELL:** Massage scented lotions on hands and arms. Use stimulating scents: peppermint, lemon, eucalyptus, rose, etc..

**TOUCH:** Fill a bucket or tub with tactile items: sea shells, beans, pastas, sand, marbles, unshelled nuts, ribbon, screws and bolts, old jewelry, various rocks, silk flowers, etc. Any colorful, textural item will do. Utilize hand-held massaging devices for hands, arms, legs and feet.

**TASTE:** Hard candy: peppermint, cinnamon, anise, and lemon are just a few ideas. Jelly Belly jelly beans come in a variety of flavors and can be combined to make intense taste experiences.

**SOUND:** Music can evoke strong memories and emotions. Try various CDs including big band medleys, relaxation, instrumental or wild life sounds.

**IMMERSION SETTINGS:** Immerse the person in a setting or season they love. In a beach setting: play ocean sounds, bring in sand and sea shells to touch, photos of beaches, light houses or boats and provide the taste of something salty. A forest journey could begin with bird sounds or a wildlife CD, pine cones and leaves to explore and a favorite camping treat for tasting.