



Mental Health Services

Sensory Modulation Handbook

To be used in conjunction with
MHS Sensory Modulation Policy MH/UPPM/8103

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The following “Sense descriptors” are suggestions. You are all effective and creative clinicians in your own right. Please feel free to expand on these ideas. Pass them on for others to learn from what works ...as we develop our knowledge together

LISTEN: AUDIO SENSE DESCRIPTORS

“LISTEN” ITEMS	* PATIENT PRESENTATION EXAMPLES > WHAT ITEM OFFERS	SUGGESTED APPROACHS
<p>NATURE SOUNDS</p> <p>*BIRDSONG Soundtracks on “Pukaha “ CD (Track 1) on “Singing with Birds”</p> <p>*BEACH Visualization 6 minutes on “Calm” CD (Track 4)</p> <p>*BUSH Visualization 4 minutes on “Calm” CD (Track 5)</p>	<p>* Low Mood</p> <p>* Anxiety</p> <p>* Self harming behaviours</p> <p>* Psychosis</p> <p>> Calming</p> <p>> Soothing</p> <p>> Relaxing</p> <p>> Engaging</p> <p>> Positive memories</p> <p>> Assists concentration</p> <p>> Stimulation / Talking point</p> <p>> Focuses thinking</p> <p>> Educate in self-soothing approach</p>	<p>> Psychologically remove self from busy ward environment</p> <p>> Natural elements of recordings are therapeutic</p> <ul style="list-style-type: none"> ▪ Patient able to choose favourite image to focus on (e.g. beach, forest, nature) with hand-held photos or slideshow if service user not choosing to close their eyes ▪ It may be effective to accompany with weighted blankets...or with massage cushion insert. <i>It is not recommended to use weighted blanket at same time as massage cushion re moving pressure from beneath user combined with weight above .</i> ▪ Accompany bush visualisation track with ‘The Awakening’ track for good results if bush theme chosen (26 minutes total) <p>Pukaha CD</p> <ol style="list-style-type: none"> 1. The Awakening, 20 minutes (Recommended recorded in Mt Bruce, Wairarapa) <i>(Various native birds (Bellbirds, Tui, Silver eyes, Grey Warblers)</i> 2. <i>Playtime (15 minutes; Quite squawky)</i> 3. <i>Waiata Manu Huia (15 minutes; Te reo chanting and singing. Great for a cultural resource)</i> 4. <i>The Night Shift (15 minutes; also quite squawk, includes the Morepork)</i> <p>Singing with Birds CD</p> <ol style="list-style-type: none"> 1. Long track with duck like sounds <i>(perhaps more like birds on a pond)</i>
<p>Music and Nature Combined</p> <p>* Rain Forest CD 1 and 2</p> <p>* Waterfalls CD 1 and 2</p> <p>* Natural Dreams CD set</p>	<p>As Above</p>	<p>As above but less ‘natural’ aspect to tracks - however is ‘fuller bodied’ than nature sounds alone - music is largely by synthesizer.</p> <p>Natural Dreams CD Set refers to these titles: Enchanted Journey; Amazon Odyssey; Morning Sunrise; Africa Awakens; Dessert Blues; Atlantic Blue</p>

"LISTEN" ITEMS	* PATIENT PRESENTATION EXAMPLES > WHAT ITEM OFFERS	SUGGESTED APPROACHS
<p>INSTRUMENTAL</p> <p>* VARIOUS tracks provided</p> <p>* CLASSICAL Music ("The Classics" 3x CD set)</p> <p>* ENYA Music ("Paint the sky with stars")</p>	<p>* Low Mood</p> <p>* Anxiety</p> <p>* Self harming behaviours</p> <p>> Calming</p> <p>> Soothing</p> <p>> Relaxing</p> <p>> Engaging</p> <p>> Positive memories</p> <p>> Stimulation</p>	<ul style="list-style-type: none"> ▪ It may be effective to accompany with sludge timers on the window sill to observe whilst listening ▪ Accompany with weighted blankets as appropriate...or with massage cushion insert. <i>It is not recommended to use weighted blanket at same time as massage cushion re moving pressure from beneath user combined with weight above.</i> ▪ It may be effective to accompany with hand-held photos or slideshow if service user not choosing to close their eyes. ▪ Some service users may like to hold weighted bear list listening to instrumental tracks.
<p>OTHER</p> <p>* New Zealand Favourites CD set (2 Discs: Sung in Te Reo)</p> <p>*Polynesian Choir</p> <p>*The Beatles Party Mega mix</p> <p>*Various collections of gentle songs with soothing words</p>	<p>* Low Mood</p> <p>* Anxiety</p> <p>* Self harming behaviours</p> <p>> Calming</p> <p>> Soothing</p> <p>> Relaxing</p> <p>> Engaging</p> <p>> Positive memories</p> <p>> Stimulation</p>	<ul style="list-style-type: none"> ▪ Cultural songs e.g. Pukaha Track 3 (Te reo chanting and singing). ▪ Arousing songs e.g. particularly the drums on the Polynesian CD. ▪ Some happy songs to lift mood - even encourage movement/dancing. ▪ Some service users prefer songs with words to avoid emergence of difficult memories.
<p>PROGRESSIVE MUSCLE RELAXATION</p> <p>* BREATH AWARENESS 3 minutes on "Calm" CD (Track 2)</p> <p>*GUIDED Exercise/Narration 11 minutes on "Calm CD" (Track 3)</p>	<p>* Low Mood</p> <p>* Anxiety</p> <p>* Self harming behaviours</p> <p>* Psychosis</p> <p>> Calming</p> <p>> Soothing</p> <p>> Relaxing</p> <p>> Engaging</p> <p>> Positive memories</p> <p>> Stimulation</p>	<ul style="list-style-type: none"> ▪ Effective breathing is a key contributor to relaxing - educate in same. ▪ Effective method of tensing then releasing tension in muscles - clearly allows people to experience the difference in holding and releasing anxiety in their muscles/body. ▪ Assists to relax during the day - or indeed prior to sleeping. ▪ Empowers people with skills to use at home. (See Louise for a handout re Progressive Muscle Relaxation).

LOOK: VISUAL SENSE DESCRIPTORS

“LOOK” ITEMS	* PATIENT PRESENTATION EXAMPLES > WHAT ITEM OFFERS	SUGGESTED APPROACHS
KALEIDOSCOPE	<ul style="list-style-type: none"> * Low Mood * Anxiety * Self harming behaviours <ul style="list-style-type: none"> > Engaging > Stimulation / Talking point > Positive Childhood memory?? > Calming > Colourful 	<p><i>N.B. Please discourage people from taking glass tube out of base.</i></p> <p>Hold so glass tube is perpendicular to floor (like a periscope); when glitter has filtered through, turn 180 degrees to watch again.</p>
FIND IT GAME	<ul style="list-style-type: none"> * Low mood * Psychosis * Anxiety * Self harming behaviours * Mania <ul style="list-style-type: none"> > Engages patient’s attention > Develops concentration / cognitive function > Activity to participate in (game) > Stimulates communication 	<p>May use list on top of Find-it to identify items in tube / list is also on pad pages.</p> <ul style="list-style-type: none"> ▪ Choose 3 specific items to locate ▪ Locate as many items as possible using list/ time frame (may tick off on sheet) ▪ Allocate particular items for each person to find
GLITTER BALL WITH LIGHT RAINBOW GLITTER STICK	<ul style="list-style-type: none"> * Anyone <ul style="list-style-type: none"> > Stimulates attention > Surprise element of light in ball > Colourful > Fun 	<p><i>N.B. Please don’t throw ball near window or TV. screen</i></p> <p>Enjoy the internal light that is activated by bouncing.</p> <p>Use the ball to divert attention from centre line by aiming to left or right of person at times.</p>
SPINNING TOPS	<ul style="list-style-type: none"> * Anyone <ul style="list-style-type: none"> > Engaging > Interactive item > Older people = may encourage memories 	<p>Use a pinch grip and twist.</p> <p>Fun with 2 or 3 spinning at once.</p>
TRIANGULAR DICE	<ul style="list-style-type: none"> * Anyone <ul style="list-style-type: none"> > Conversation starter 	<p>Use emotion symbols or words to initiate discussion; develop rapport.</p>

“LOOK” ITEMS	* PATIENT PRESENTATION EXAMPLES > WHAT ITEM OFFERS	SUGGESTED APPROACHS
PHOTOGRAPHS	<ul style="list-style-type: none"> * Anyone > Tool to focus mind to a preferred place or memory > Soothing > Relaxing > Calming 	<p>Patient able to choose favourite image to focus on (e.g. beach, forest, nature).</p> <p>Tool to focus thinking, assist relaxation.</p> <p>Great to accompany with nature based recordings (such as birdsong or visualisation tracks).</p>
SLUDGE TIMERS Blue Sludge (15 mins) Green sludge (10 mins) DROPLET TIMERS Red Spiral (2 minutes) Green egg-timer (2 minutes) Blue and Green squiggle	<ul style="list-style-type: none"> * Mania * Psychosis * Self harming behaviours * Anxiety * Low mood * Psychosis > Support patient to focus > Support patient to reduce pace > Calming > Colourful 	<p>Variety of time frames may support specific needs.</p> <p>Stimulation needs may be met by grouping colours or combining types of timers Accompany with chosen audio tracks.</p> <p>May accompany weighted blanket resources; or deep pressure massage chair inserts.</p>
TV SLIDESHOW	<ul style="list-style-type: none"> * Mania * Psychosis * Self harming behaviours * Anxiety * Low mood * Psychosis > Support patient to focus > Support patient to reduce pace > Calming > Colourful 	<p>Can be adjusted to the needs of the person's presentation.</p> <p>Themes or Random (Themes available include Scenery, Flowers, Sunsets)</p> <p>Pace: Length of time to observe images can be changed (fast, medium, slow)</p> <p>Music : Tracks accompanying slideshows can be relaxing or stimulating</p> <p>Or just keep television screen on one large image (INSTRUCTIONS ON USE FOR TV PENDING WHEN TV ARRIVES)</p>

SMELL: OLFACTORY SENSE DESCRIPTORS

“SMELL” ITEMS	* PATIENT PRESENTATION EXAMPLES > WHAT ITEM OFFERS	SUGGESTED APPROACHS
<p>ESSENTIAL OILS (Examples of what is available)</p> <p>FLORAL - Lavender - Rose - Beronia - Spicy Rose</p> <p>OTHER - Eucalyptus - Rainforest - Apple Blossom</p>	<p>* Any presentation... * Self harming behaviours * Low mood > Stimulate > Support memory recall * Agitated > Grounding > Distraction > Relaxing * Detachment > Self actualisation > Arousing of patient</p> <p>Would be inappropriate for people experiencing olfactory hallucinations</p>	<ul style="list-style-type: none"> - <i>When using electric oil burner some water must be added to avoid evaporation and reduce intensity of aroma.</i> - <i>Wipe electric oil burner clean with appropriate cloth following use - be aware of heat of same.</i> - <i>MUST unplug and return electric oil burner to cupboard after cleaning.</i> <ul style="list-style-type: none"> ▪ <i>Does the aroma help them feel ...Relaxed? ...Alert...Pleasure?</i> ▪ <i>Does the aroma remind them of (childhood) memories or smells?</i> <p>THREE OPTIONS re HOW TO USE</p> <ul style="list-style-type: none"> → <i>Use small canisters provided - person to hold and utilise as required.</i> → <i>Place some oil on cotton wool and sit in glass/ or square china holder for client to smell.</i> → <i>Use plug in oil burner</i>
<p>SOAPS</p> <p>Examples - Shea butter and caramel - Exotic Moroccan oils - Ylang Ylang - Deodorant scents</p>	<p>*...As above</p>	<ul style="list-style-type: none"> ▪ <i>Does the aroma help people feel</i> <ul style="list-style-type: none"> - <i>Relaxed?</i> - <i>Alert?</i> - <i>Pleasure?</i> ▪ <i>Does the aroma remind them of (childhood) memories or smells?</i> <ul style="list-style-type: none"> → <i>Liquid Soap simply hold bottle and smell from top of same (Not appropriate for spontaneous overdose behaviours re risk of squirting into mouth).</i> → <i>Hold bars of soap to smell</i> → <i>Aerosol Deodorants to be sprayed into air as appropriate (Don't overdo it).</i>
<p>COFFEE PACKET</p>	<p>... As above</p>	<ul style="list-style-type: none"> ▪ <i>Does the aroma help them feel</i> <ul style="list-style-type: none"> - <i>Relaxed?</i> - <i>Alert?</i> - <i>Pleasure?</i> - <i>Does it remind them of social times?</i> <ul style="list-style-type: none"> → <i>User to position nose in front of inbuilt 'hole' on coffee packet. Squeeze both hands at sides of same and inhale as scent is released.</i>

“SMELL” ITEMS	* PATIENT PRESENTATION EXAMPLES > WHAT ITEM OFFERS	SUGGESTED APPROACHS
HAND CREAM Coconut scent	* Any presentation... * Self harming behaviours * Low mood > Stimulate > Support memory recall * Agitated > Grounding > Distraction > Relaxing * Detachment > Self actualisation > Arousing of patient	<ul style="list-style-type: none"> ▪ <i>Does the aroma help them feel:</i> <ul style="list-style-type: none"> - <i>Relaxed?</i> - <i>Pleasure?</i> - <i>Does the aroma remind them of memories (e.g. a holiday)?</i> → <i>Use the wooden sticks provided to take a sample from the tub and put on person’s hands. This avoids germs entering the cream.</i>
“GLADE PLUG INs” - Lavender scent - Mountain Fresh - Cinnamon	*... As above	<p><i>MUST be turned off and returned in an upright position to closed cupboard in it’s packaging to ensure scent does not escape into room when not in use!</i></p> <ul style="list-style-type: none"> ▪ <i>Does the aroma help them feel</i> <ul style="list-style-type: none"> - <i>Relaxed?</i> - <i>Pleasure?</i> ▪ <i>Does the aroma remind them of particular memories?</i> ▪ <i>Why did they choose this aroma?</i> → <i>Use appropriate scent to enhance room aroma according to client need/ choice.</i>

TOUCH: SENSATION SENSE DESCRIPTORS

"TOUCH" ITEMS	* PATIENT PRESENTATION EXAMPLES > WHAT ITEM OFFERS	SUGGESTED APPROACHS
BALLS Green Yuk-e-ball	* Low mood > Distraction (e.g. whilst talking) > Proprioceptive feedback * Mania	<ul style="list-style-type: none"> ▪ Feel smaller 'marbles' within the Yuk-e-ball (pinch grip) - using finger tips ▪ Utilise weight of ball by rolling over thighs or arms (arms rested on thighs) ▪ Gain sensory feedback by gently throwing Yuk-e-ball (hands to shoulder height) <p>Try gentle passes of ball between you and the patient</p>
- Squishy or Spiky Balls - Mini Yuk-e-ball; - Balloon smiley face - Koosh Ball	Fidgety (need busy hands)\ * Anxiety * Mania * Low mood > De-stress/ De-escalate	<ul style="list-style-type: none"> ▪ Use as distracters for hands during conversation or relaxation music ▪ Varied degrees of sponginess and size within collection, person to choose what they prefer
- Yellow spiky twister	Fidgety (needs busy hands) * Mania * Low mood * Self harming behaviours > Harm reduction > Distraction	<ul style="list-style-type: none"> ▪ Hold in both hands like a steering wheel - roll outwards or inwards towards thumbs (notice your wrists moving). Gain feedback from spiky rubber texture on fingers and palms ▪ Tap along arms as in Bean Bag descriptor
BEAN BAGS - Silk - Wool - Fur		<p>Sensory feedback gained by tapping up and down arm.</p> <p>Various holds bring different results:</p> <ul style="list-style-type: none"> ▪ Cup firmly in hand ▪ Hold in centre of BB ▪ Hold at upper part of bean bag (flicks) ▪ Establish a rhythm; try irregular beat; change pace of tapping speed <p>NOTE: ADJUST HEIGHT from arm ADJUST PACE of tapping ADJUST TYPE of hold</p>
MASSAGE ITEMS HAND HELD - Purple Hand Roller	* Agitated/ flustered * Over stimulated * Anxious > Distracter/ Self Actualisation > Self Harming behaviours	<p><i>N.B. Wooden foot roller to be kept in plastic bag re hygiene considerations</i></p> <p>Assists patient to de-escalate or relax e.g. bedtime, newly admitted.</p> <p>When appropriate purple and pink 'spiky' rollers assist in harm reduction (of self</p>

“TOUCH” ITEMS	* PATIENT PRESENTATION EXAMPLES > WHAT ITEM OFFERS	SUGGESTED APPROACHS
<ul style="list-style-type: none"> - Pink Hand Roller - Red and Black Handheld - Wooden Foot Roller 		<p>harming behaviours) whilst still providing feedback to the person.</p> <p>Roll up and down arms, or legs, hands.</p>
<p>HAND MASSAGE (Self administered)</p>	<ul style="list-style-type: none"> * Low mood * Anxiety * Self harming behaviours <ul style="list-style-type: none"> > Self nurturing > Self actualisation > Relaxing 	<ul style="list-style-type: none"> ▪ Offer hand cream (or aqueous if sensitive skin or aroma not appropriate) e.g. Prompt patient to draw circles on palm and back of hand etc to assist in upskilling them to self-soothe. <p>Provide the hand massage if appropriate.</p>
<p>DEEP PRESSURE</p> <ul style="list-style-type: none"> - Shiatsu Massage seat - Vibrating heat seat insert 	<ul style="list-style-type: none"> * Anxiety * Mania * Low mood * Physical pain (as appropriate) <ul style="list-style-type: none"> > Relaxation > Deep pressure touch > Muscle stimulus 	<p><i>N. B. YOU MUST USE A TOWEL over the cushions - re hygiene and intensity of massage sensation</i></p> <p><i>DON'T" TURN OFF AT WALL - this will damage it by stopping mid-way through process.</i></p> <p><i>The massaging device is designed to roll to the base of seat when turned off at control panels.</i></p> <p><i>Vibrating heat cushion allows adjustment for intensity.</i></p> <p>Assist patient to de-escalate or relax e.g. bedtime, newly admitted.</p> <p>Tool to assist presentation prior to meetings or court etc.</p> <p>Re-adjustment to the ward environment following leave or return for meetings</p> <ul style="list-style-type: none"> ▪ Ascertain if they prefer rolling massage or the vibrating seat (heat setting optional). ▪ Use with visual stimulation, or audio inputs but not during ‘guided muscle relaxation’.

<p>LYCRA WRAP</p>	<ul style="list-style-type: none"> * Low mood * Anxiety * Self harming behaviours * Mania <ul style="list-style-type: none"> > Self nurturing > Swaddling/ wrap > Protecting > Security > Relaxing 	<p><i>N.B. There is a variety of colours, elasticity and silkiness of wraps to choose from.</i></p> <p>These provide a comforting feeling such as wrapping a baby tightly in blanket</p> <ul style="list-style-type: none"> ▪ Touching fabric to back of neck and shoulders, gripping halfway down each side of the fabric. Then cross arms, tucking one corner beneath the elbow. Some people will be more comfortable with it across shoulders (not around neck).
<p>TEMPERATURE</p> <ul style="list-style-type: none"> - Hot face cloth - Wheat pack - Cold face cloth - Ice 	<ul style="list-style-type: none"> * Low mood * Mania * Anxiety * Agitation <ul style="list-style-type: none"> > Grounding > Distraction > Self actualisation > Relaxation 	<p>Soothing temperature change assists patient to de-escalate or relax e.g. bedtime, newly admitted.</p> <p>Cold ice assists to alert patient to their body / provides safe feedback in place of self harming.</p> <ul style="list-style-type: none"> ▪ Combine warm/cold face cloth provision with relaxation music; and / or pleasant aroma ▪ Hold or eat fresh ice
<p>TOYS (Weighted)</p> <ul style="list-style-type: none"> - Dog - Hedgehog toy - Teddy Bear 	<ul style="list-style-type: none"> * Low mood * Anxiety * Mania <ul style="list-style-type: none"> > Soothing/ Calming resource > Reassurance tool > Item to nurture > Texture 	<p><i>N.B. If patient has cried on or soiled any of these items they WILL need a wash - Inform OT</i></p> <p>Weight is effective in grounding and improved therapeutic effect.</p> <p>Use to reassure and distract.</p> <p>Nice for patients to stroke/pat/cuddle.</p> <p>We hope to encourage positive memories, and provide something for patient to nurture.</p> <ul style="list-style-type: none"> ▪ Hedgehog may be bounced around on palm of hand for feedback ▪ Dog is useful across lap (like a pet) - can be placed on chest to give 'hug' around neck

<p>WEIGHTED BLANKETS</p> <ul style="list-style-type: none"> - 5 kg GOLD - 10 kg SILVER 	<ul style="list-style-type: none"> * Low mood * Psychosis * Mania <ul style="list-style-type: none"> > Grounding > Protecting > Calming > Security 	<p><i>N.B. YOU MUST USE A FRESH DRAW SHEET BETWEEN PATIENT & BLANKET FOR EACH USE</i></p> <p><i>STOP for Silver!! IT'S 10 KGS!! Watch your back!</i></p> <p><i>When using 10kg SILVER Blanket be aware of timeframes. Must be less than 15 minutes.</i></p> <p><i>Be mindful that weighted blankets may be inappropriate if patient has a trauma history such as sexual abuse; or physical issue such as cardiac or pulmonary conditions.</i></p> <p>ORIENTATION of Blankets: GOLD 5kg = Folded over 'mink' blanket 'collar' area indicates top SILVER 10kg = Button indicates top Left Hand corner</p> <p>May be accompanied by audio sense tools...relaxation music, birdsong or waves sound tracks.</p> <p>May be accompanied by visual sense tools, timers, photographs or Slideshow (TV screen).</p>
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TASTE: ORAL SENSE DESCRIPTORS

"TASTE" ITEMS	* PATIENT PRESENTATION EXAMPLES > WHAT ITEM OFFERS	SUGGESTED APPROACHS
<p>MINT Flavour</p> <p>Chew...</p> <ul style="list-style-type: none"> • Chewing Gums • Bubble Gum <p>Suck...</p> <ul style="list-style-type: none"> • Boiled sweets • Odd-fellows 	<p>* <i>Any presentation</i> ... <i>Examples cover all sweet flavours</i></p> <p>* Self harming behaviours</p> <p>* Low mood</p> <ul style="list-style-type: none"> > Stimulate > Support memory recall <p>* Agitated</p> <ul style="list-style-type: none"> > Grounding > Distraction > Relaxing <p>* Detachment</p> <ul style="list-style-type: none"> > Self actualisation > Arousing of patient <p>> <i>Oral stimulus re chewing, suckin</i></p>	<p>N.B. YOU MUST wrap gum in paper towels and dispose of appropriately upon leaving the room.</p> <ul style="list-style-type: none"> ▪ Encourage the person to notice the flavour provided - highlight suck or chew aspects involved. ▪ Does the flavour help them feel: <ul style="list-style-type: none"> - Relaxed? - Alert? - In touch with their body?
<p>CINNAMON Flavour</p> <p>Suck... Oddfellows</p>	<p>*...As above</p>	<ul style="list-style-type: none"> ▪ Encourage the person to notice the flavour provided- highlight suck or chew aspects involved. ▪ Does the flavour remind them of (childhood) memories or smells?
<p>MUSK Flavour</p> <p>Suck... Candy</p>	<p>*...As above</p>	<ul style="list-style-type: none"> ▪ Encourage the person to notice the flavour provided- highlight suck or chew aspects involved. ▪ Does the flavour remind them of (childhood) memories or smells?
<p>VARIOUS FIAVOURS</p> <p>Suck... LOLLIPOPS</p>	<p>*... As above</p>	<ul style="list-style-type: none"> ▪ Encourage the person to notice the chosen flavour provided- highlight suck or chew aspects involved. ▪ Does the flavour remind them of (childhood) memories?
<p>CHOCOLATE FLAVOUR</p> <p>Enjoy...Chocolate Buttons</p>	<p>Low mood</p> <ul style="list-style-type: none"> > Stimulates 	<ul style="list-style-type: none"> ▪ Encourage the person to experience the chocolate flavour provided - be purposeful as they eat, noticing their taste buds and feelings gained from eating chocolate.

MODALITY USAGE SHEET:

Week Starting Monday _____ DID EVERYONE WASH THEIR HANDS?

SERVICE USER INITIALS:													
GENDER: M/F													
DATE:													
TIME OF DAY: (Numeral am/pm)													
GOAL: Stimulate or De-escalate													
STAFF MEMBER: (Initials)													

LISTEN SENSE													
BELLS													
CD's Birdsong													
Classical													
Enya													
Instrumental													
Visualisation Track (Bch/ Bsh)													
Other													
INSTRUMENTS													
LOOK SENSE													
OBJECTS													
Glitter Stick, Glitter Light Ball													
Kalidescope													
Spinning Tops/ Triangle Dice													
Water Fountain													
PHOTOS													
Bush/ Floral													
Beach/ Other													
TIMERS													
Blue Sludge (15 minutes)													
Droplet types													
Green sludge													
TV SLIDESHOW (Theme or Random)													
SMELL SENSE													
Essence Bottles													
Hand Cream/ Soap													
TASTE SENSE													
MINT													
Chewing Gum/Lolly													
SWEET													
Cinnamon/Musk													
Chocolate													
Fruit/Other													
SAVOURY													
Salty													
Spicy													

TOUCH SENSE												
BALLS												
Green Yuk-e-ball												
Squishy Ball (Various)												
Other (e.g. Balloon Face)												
BEAN BAG												
Silk, Wool, Fur												
BLANKETS												
Gold (5 kg) Weighted												
Silver (10 kg) Weighted												
White Soft												
CUSHION												
Hold or Texture focus												
LYCRA WRAP												
Dk Blue, Lt Blue, Yellow, Purple, Grey												
MASSAGE												
Pink hand roller												
Purple 3-wheel roller												
Red and Black hand held												
Shisatshu Chair Insert												
Vibrate and Heat Cushion												
Wooden Foot roller												
TOYS												
Dog (Schnauzer)												
Hedgehog toy												
Teddy Bear												

WASHING SCHEDULE FOR SENSORY MODALITIES:

- All items should be visually inspected after use for contamination of body fluids.
- Occupational Therapist is to complete a thorough visual inspection weekly (Mondays)
- All items must be washed as required and at least three monthly.
- Large massage chair – must be wiped after very use using a damp cloth i.e. Chux cloth or similar (order number 1000725).

“TOUCH” ITEMS	CLEANING REQUIREMENTS
BALLS <ul style="list-style-type: none"> • Green Yuk-e-ball • Squishy or Spiky Balls • Mini Yuk-e-ball • Balloon smiley face • Spiky yellow twist ring 	Hot water and detergent weekly. Occupational Therapist ensures completed
BEAN BAGS <ul style="list-style-type: none"> • Silk, Wool, Fur 	Hand washed in gentle detergent monthly or as soiled.
TOYS <ul style="list-style-type: none"> • Dog • Hedgehog toy # • Teddy Bear # <p># Indicates Weighted item</p>	Visually inspect after each use by supervising staff member- utilise disinfectant fabric spray. Through visual inspection weekly (Mondays) for signs of body fluid contaminations by Occupational Therapist . Spray with fabric disinfectant spray regularly. Remove weighted bags and wash as per Toys Management Policy Infection Control Manual HBDHB/IFC007
MASSAGE ITEMS <ul style="list-style-type: none"> • Purple Hand Roller • Pink Hand Roller • Red & Black Handheld • Wooden Foot Roller 	Hot water and detergent weekly. Occupational Therapist ensures completed.
SHIATSHU DEEP PRESSURE <ul style="list-style-type: none"> • Massage seat insert • Vibrating heat seat insert 	Must be used with clean hospital towel each use. Wipe with damp cloth with hot water and detergent weekly. Occupational Therapist ensures completed.
TEMPERATURE <ul style="list-style-type: none"> • Hot face cloth • Wheat pack • Cold face cloth • Ice 	Use hospital linen over wheat pack and discard after use. Discard wheat pack if contaminated with body fluids
HAND MASSAGE <ul style="list-style-type: none"> • Self massage using lotions 	Registered staff member to support / dispense use. Use an appropriate tool to remove cream from jar to avoid contamination

"TOUCH" ITEMS	CLEANING REQUIREMENTS
WEIGHTED BLANKET <ul style="list-style-type: none"> • 5KG GOLD Blanket. • 10KG SILVER blanket. 	<p>All weighted blankets must be used with a drawsheet underneath.</p> <p>All blankets must be visually checked for contamination after use and thoroughly weekly by the occupational therapist.</p> <p>All blankets should be washed at least 3 monthly, in hot soapy water and this must be supervised by the occupational therapist.</p>
LYCRA WRAP	<p>Must be visually checked for contamination after use and thoroughly weekly by the occupational therapist.</p> <p>Should be washed at least 3 monthly, in hot soapy water. Washing must be supervised by the occupational therapist</p>
"VISUAL" ITEMS	CLEANING REQUIREMENTS
<ul style="list-style-type: none"> • Kaleidoscope • Spinning tops • Triangular Dice • Photographs • GLITTER BALL with LIGHT • RAINBOW GLITTER STICK • Sludge Timers (Blue & Green) • Droplet Timers (Red Spiral & Blue and Green Squiggle) • TV Slideshow • Find it Game 	<p>Clean hands prior to use.</p>