

# HOW TO GET THE MOST FROM YOUR SESSION



We understand that everyone's needs are different and have therefore designed our sensory rooms to be highly versatile for our clients. Room settings can be adjusted for each individual or group and you have the power to control every stimulus. For example, some groups like music, while others prefer to have one playing. Some people do not like the sound of fireworks going off when they come down the slide - others love it! Some people like a variety of contrasting themes throughout the session, whilst others choose only one.

The iPad systems in Space 1 and Space 2 have set themes, allowing you to transform your room to a tropical beach, outer space or a pop concert at the touch of a button. While these themes are fabulous on their own for a general aim of fun, movement or relaxation, they are highly customisable. We encourage you to take your time to try all the different options, and observe your child's or client's reactions.

Another way to use the sensory rooms is by utilising one stimulus at a time in order to discover sensory preferences. Sensory environments can function as sensory detectives for those who otherwise cannot convey their likes and dislikes, for example, with clients who do not use speech. We encourage those who use our rooms to observe, wait and listen. The knowledge you gain in the sensory rooms is highly valuable and can be used to improve people's daily lives.

Knowing how to use the sensory rooms is crucial to the success of your session. We offer free training for families, groups and carers in order to use our technology to its full potential. Please ask Space staff if you would like to arrange a **training session**.

