

Exploring the *Sensory Room*

- **Bubble tubes-** Stimulate the visual system as the person can track the bubbles, objects and changing colours, which can enhance relaxation. The tube also creates a vibration which stimulates your sense of touch.
- **Fibre optic strands-** They create a visual interest by stimulating and holding attention. They are safe to touch and the texture provides tactile feedback.
- **Light projector-** Promotes relaxation through visual engagement. Provides possibilities to be immersed in meaningful virtual experiences.
- **Aroma diffuser-** Different smells elicit different responses, for example:
 - **Peppermint-** Boosts energy and helps digestion
 - **Lavender-** Reduces stress and aids sleep
 - **Tea Tree-** Helps to clear congestion
 - **Lemon-** Enhances mood

Willy F. Kuehn was a treasured friend of the Sisters of Charity of the Incarnate Word and served as President of the SCH Board for many years. This sensory experience has been made possible through a donation made to Carrigoran House in his memory. Cuin/Cuinas, translated from Irish means quiet and calm, which is very fitting for this space and an opportunity to hear Willy's name subtly spoken when referring to this therapeutic service.

CUINAS SUITE...

SENSORY ROOM

...OPEN DAILY FROM 8AM TO 4:30PM



Our Senses

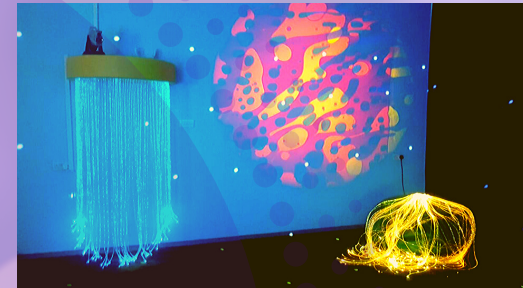
We make sense of the world through our five senses:

1. Sight (Visual)
2. Hearing (Auditory)
3. Taste (Gustatory)
4. Touch (Tactile)
5. Smell (Olfactory)



We all have different sensory preferences for stimulation and relaxation, for example: soft or loud music, certain smells and tastes, and touching certain textures. These sensory preferences help us function at our best abilities.

Benefits of Sensory Rooms



- Promotes calmness and contentment
- Improves mood and behaviour
- Reduces agitation
- Increases interest in awareness of the social and physical environment
- Eases symptoms of anxiety and depression



Sensory room at Carrigoran House