Multi-Sensory Rooms at Inspire - NGO in Malta

Type of Project

Intervention

Summary

Multi-Sensory Rooms consists of 3 rooms each offering its own unique sensory experience.

Soft Play Room: Soft Play environments are suitable for all abilities, encouraging physical exercise expression and interaction; fun, play and learning within a safe environment.

Dark Room: With a black ceiling, walls and flooring the background for this area enables images to be presented with maximum definition and minimum visual distraction. This style of room is ideal for visual and tactile stimulation.

Quiet Room: This is the original type of sensory room and is designed for deep relaxation. Lights, soft music and comfortable fittings create a feeling of calm enjoyment and security. This environment allows children the opportunity and possibility to have fun and play in a safe environment at their own pace, free from the expectations of others.

It can also offer the below: Stimulation of the senses - sight, sound, touch Opportunity for emotional development Enhance communication skills Develop social and interactive abilities Minimization of challenging behaviours Development of choice - enabling user control Tracking skills Development of self - determination Hand-eye co-ordination skills Fine and gross motor skills Physical exercise and play Enable relaxation - reduce stress, tension and aggression An area for team-work and story-telling activities.

Low-tech, high-tech products, services and contexts for play

The Multi-sensory rooms offer a unique play experience for individuals with physical, intellectual, emotional or behavioural disabilities regardless of age. It helps users increase concentration, focus attention, improve alertness, awaken memories, and to improve mobilisation, creativity, social relations and communications, and general awareness of the surrounding world.

The context of use

The Multi-sensory rooms are usually specific for therapy centres.

Type of play in this play system

Cognitive

Symbolic
Constructive

Social

Solitary
Parallel
Associative
Cooperative

Objectives related to play according to ICF-CY

Play for the sake of play: Major life areas - d880 enagement in play

d8800 solitary play
d8802 parallel play
d8803 shared cooperative play

Community social and civic life - d920 recreation and leisure time

d9200 play

Play-like activities: Therapeutic and educational objectives

b1 Mental functions
b2 Sensory functions and pain
b5 Functions of digestive, metabolic and endocrine systems
b7 Neuromusculoskeletal and movement related functions
d1 Learning and applying knowledge (learning through symbolic play, learning through pretend play)
d3 Communication
d4 Mobility
d7 Interpersonal interactions and relationships

Number of participants

1-5

Chronological Age

0-3 years
3-6 years
6-12 years
12-18 years

Development Age

0-3 years
3-6 years
6-12 years
12-18 years

LUDI Categories of disabilities

Mental/intellectual impairments::
mild
moderate
severe
profound
Communication disorders (speech and language disorders):
Physical impairments:
Mild
Moderate
Severe
Autism Spectrum Disorders:
Multiple disabilities:

Explanation on the use of low-tech, high-tech devices, services or contexts

Explanation

No instruction, self-discovery of the participant/subject
Verbal instruction, language and communication fitting to chronological age
Verbal instruction, language and communication is adapted
Visual and/or verbal instruction with AAC (Aumentative and Alternative Communication)
Visual instruction with written language
Visual instruction with pictures or drawings
Modeling by therapist/researcher
Hand over hand: therapist/researcher leads the actions of the participant
Prompting: therapist/researcher touches the participant as a key for further actions
Modeling by peer
Visual instruction by peer
Verbal instruction by peer

Involvement

Adult: therapist/educator/researcher
Peer with disabilities
Peer without disabilities

Role

Non-participatory observer
Participatory observer
Providing instruction
After the instruction, providing supervision during play

Evaluation of objectives and outcome measures

Description of outcome measure(s)

Observation by professional/researcher providing the play experience
Feedback from client/parents/professionals

Summary of achieved effects

- Increase concentration and attention - Develop or reactivate senses - Enhance body awareness - Improve cognitive abilities - Improve gross motor skills and sensorimotor development - Gives opportunity for free play in a secure environment - Improve creativity - Heighten awareness and improve alertness - Develop of a sense of cause and effect - Develop communication – verbal or visual - Promote social interactions - Induce calmness and decrease challenging behaviour - Enhance motor planning and execution of tasks - Increase opportunity for choice and self-determination

References to the intervention or research project

Maria Mizzi - maria.mizzi@inspire.org.mt

Contact Person

Maria Mizzi - maria.mizzi@inspire.org.mt

Keywords

MSR, multi-sensory rooms, multi sensory rooms, multi sensory theatres, sensory experience