USE OF MULTISENSORY ENVIRONMENTS IN OT

JASMINE NAMYOTOV, MADELINE TAWIL, NARALY DUVAL, OTS

Senses include

- Vestibular
- Proprioception
- Hearing
- Touch
- Smell
- Taste
- Interception

What Are Multi-Sensory Environments (MSE) ?

Therapeutic spaces designed to control sensory stimulation

Client driven sessions, meant to give a space for positive developmental and behavioral changes and improved emotional stability.

Why Would A Client Need A Multi-Sensory Gym?

- Irritability with certain textures, smells, lights and sounds
- Behavioral and Social Issues
- Needs to be in constant motion. Can’t seem to sit still
- Issues with Emotional Regulation

Multi-Sensory Environments Are For A Variety Of Populations

- Pediatrics
- ADHD, Autism
- Dementia and Alzheimer’s Disease
- Learning and Cognitive Disabilities

References:


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What Would You Expect To Find In A Multi-Sensory Environment

Common Equipment
- Projectors
- Musical Systems
- Aromatherapy
- Bubble Tubes
- Water Tubes
- Sensory Swings

MSEs Benefit Learning and Behavior
- Improves focus
- Encourages socialization
- Promotes development and cognition
- Improves fine and gross motor development
- Develops the senses

Sessions in a Multi-Sensory Environment are client driven which can:
- improve self-regulation
- encourage independance
- provide a safe space for free play

References: