

Why are Multisensory Environments in OT Important

01

MSE are **essential to intervention planning**. They allow patients the ability to self-identify sensory preferences that help them cope.

02

MSE **improve interpersonal relationships** between staff members and patients,

03

Optimal use of MSE come from providing patients **control** over the sensory changes by **meeting** their **sensory needs**, providing **predictability**, and giving the patient **agency/choice**.

Ways Occupational Therapists Can Use MSE



Sensory Integration Therapy

MSE help individuals with sensory processing disorders. OT's use these rooms to expose clients to different sensory experiences and help them learn how to process and respond.

Motor Skill Development

OT's use these environments to engage clients and improve development of body awareness, coordination, and motor skills.



Relaxation

MSEs can be set up to offer soothing and peaceful environments to help with relaxation, stress reduction, and anxiety management. This is especially good for people who suffer from anxiety disorders or are under a lot of stress.



Behavioral and Emotional Regulation

MSE's provide a controlled space where clients can learn to regulate their emotions and behaviors in response to different sensory inputs and situations.



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