

# What are the benefits of Sensory Stimulation Therapy?

Sensory Stimulation Therapy improves the development of thought, intelligence and social skills. It offers people with cognitive impairments and other challenging conditions the opportunity to enjoy and control a variety of sensory experiences.

Sensory Stimulation Therapy has been shown to

- Increase concentration and focus attention
- Develop senses of hearing, sight, smell, touch, and taste
- Heighten awareness and improve alertness
- Improve co-ordination and motor development
- Promote cognitive development by increasing brain function
- Stimulate the sensory building blocks
- Develop language – more vocalisation
- Promote social interactions
- Promote mental and physical relaxation – Stress levels drop dramatically
- Result in more calmness and lower aggressive behaviours
- Improve communication and sharing
- Provide relief from pain and painful physiotherapy

And last but not least, it's great fun.

