

**Sensory Equipment to use in your own home**





Sensory Equipment is now available for use in your own home. This guide will tell you about the benefits of Sensory Stimulation, the equipment available and how to request it.

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# What is Sensory Stimulation Therapy?

Sensory Stimulation Therapy uses all five senses (sight, hearing, touch, taste and smell) to help improve a person's mental function and understanding of the environment.

It can be used to help people with learning disabilities, sensory impairments and dementia.

Sensory Stimulation Therapy aims to promote relaxation and encourage positive behaviour and emotions. It's also used to encourage interaction and communication, reduce stress and prevent boredom.

Heartbeat now has a selection of Sensory Stimulation toys which you can use in your own home. Please be aware that all the Sensory Stimulation toys should be used under supervision.

So what are the benefits of Sensory Stimulation Therapy?

Read on to find out.....



# 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.



# So, what's available through Heartbeat?

As you can see this equipment isn't just a great way of developing your child's sensory skills it's also great fun too.

Heartbeat wants to make it easy for our families to access fantastic equipment and so we've built our own lending library.

Have a look at the following equipment information pages and if you feel any of the equipment listed would be useful for your family, read on to find out how to request the equipment for use in your own home.



# Sensory Blocks and Stereo Mobile



## Sensory Blocks

These are colourful wooden blocks made up of different shapes and colours that are filled with a variety of different centres to keep things interesting!

An added bonus is that these blocks can be looked through whilst you build and are great for colour stimulation and shape recognition.



## Stereo Mobile (suitable from birth)

This is no ordinary mobile. It will provide endless hours of entertainment for heart babies!

Seriously visual and audible with a high quality sound system that includes 27 minutes of non-repeating classical melodies, nature sounds, a detachable radio and lots of colourful lights.

It also has a safety mirror so heart babies can admire themselves whilst they play! These mobiles are easily attached to most cots and assembled in minutes.

# Linelite Wand and Massage Mate



## Linelite Wand

These simple yet cool wands are very flexible and easy to handle.

Each wand has seven strands of bright colours that are held together with a sturdy wooden handle.

These wands can also be waved under a UV light to create lots of changing colour patterns!



## Massage Mate

This is an excellent flexible massager that may aid in gently soothing aching muscles.

As this device is lightweight and completely portable, it can be transported and stored almost anywhere hassle free!

**Please note:** If the user's skin is sensitive, use over clothing or with a soft fabric over the ribbed surface to protect the skin.

# Jumbo Kaleidoscope and Rainbow in my Room



## Jumbo Kaleidoscope

Once this wand and kaleidoscope are held up to the light, experience a magical ever changing display of sparkle, colour and motion.

This is a great tool for assessing visual tracking ability and inducing calm.



## Rainbow in my Room

A little bit of magic and an enchanting addition to any room!

This compact device projects a realistic-looking rainbow onto walls or ceilings instantly turning homes and bedrooms into something out of a fairy tale.

All that's missing is a pot of gold!



# Fibre Optic Strands and Midi Bubble Tube



## Fibre Optic Strands

These are super safe yet super fun lights you can touch, hold and feel. This makes them ideal attention grabbing tools for people of all ages!

Due to the flexible nature of the strands, this interaction helps to encourage reach, grip and fine motor function to "play" with strands.

**Please Note:** It's not recommended that these are put in the mouth.



## Midi Bubble Tube

Bubble tubes are used as a complimentary focal tool for sensory regulatory activities.

They are used interactively with encouraging visual tracking, colour recognition, physical movement and hand to eye-co-ordination.

Bubble Tubes are suitable for children of all ages under close supervision.

They attract attention, concentration and engagement whilst providing a calming, relaxing environment.

# UV Lantern with Torch and Spiral Glitter Wand



## UV Lantern with Torch

This economical and portable lantern provides 2 lights in 1 and is fitted with a reflector for maximum light output.

This is a great tool for enhancing glow in the dark wall stickers or other equipment such as our Linelite wand!



## Spiral Glitter Wand

These eye catching wands are not only visually appealing to children of all ages but are also very easy to use, which makes them accessible to children of all abilities.

Simply turn the wands over and watch as the cascading contents sparkle!

# Spotty Spinner Ball



## Spotty Spinner Ball

This ball does exactly what it claims to do!

Bounce the ball and watch it glow as it spins around whilst the illuminated spots change through different colours to keep you guessing!

## What happens next?

Did you see anything in this catalogue that you would like to borrow?

Remember this is a lending library, so just like a normal library you can borrow and return different pieces of equipment.

This means everyone gets a chance to use this equipment in their own home and at a time that suits them.

So how do you go about borrowing this equipment?

Read on to find out.....





This equipment will be loaned to families on a first come, first served basis as we have a limited stock at present.

To place an order for any of our equipment please contact either Sarah or Cathy at the email addresses below:

Contact Name	Email Address
Sarah Quinlan	<a href="mailto:sarah@childrensheartbeattrust.org">sarah@childrensheartbeattrust.org</a>
Cathy Dalton	<a href="mailto:cathy@childrensheartbeattrust.org">cathy@childrensheartbeattrust.org</a>

If you have any questions or queries about our Sensory equipment please call Children's Heartbeat Trust on 028 90312228.







# CHILDREN'S HEARTBEAT TRUST

Northern Ireland's  
Children's Heart Charity