



ADaTHOME

IMPROVES QUALITY OF LIFE

QUALITY OF LIFE AT HOME



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**SNOEZELEN CONCEPT
ENVIRONMENT DESIGN
SNOEZELEN 24 HOURS**

CONTENTS

- Techniques inspired in SnoezelenTherapy.
 - What is Snoezelen therapy and what are their benefits for PwAD (GDS 6-7)?
 - Which are the main elements of a Snoezelen environment?
 - How can I create an environment including Snoezelen elements at home?

CONCEPT

- Snoezelen is a contraction in Dutch of two words "snuffelen" & "doezelen" that would mean something like "smell" and "sleep or relax".
 - **Snoezelen basically means: providing emotional well-being through the senses.**
- The person with D&A presents neurological alterations that imply a deterioration in the person's cognitive functioning. The frontal and prefrontal cortex are affected. In this sense, cognitive abilities such as language, reasoning, planning, etc. they will be affected and deteriorated.

SENSORIALITY IN THE PERSON WITH D/A

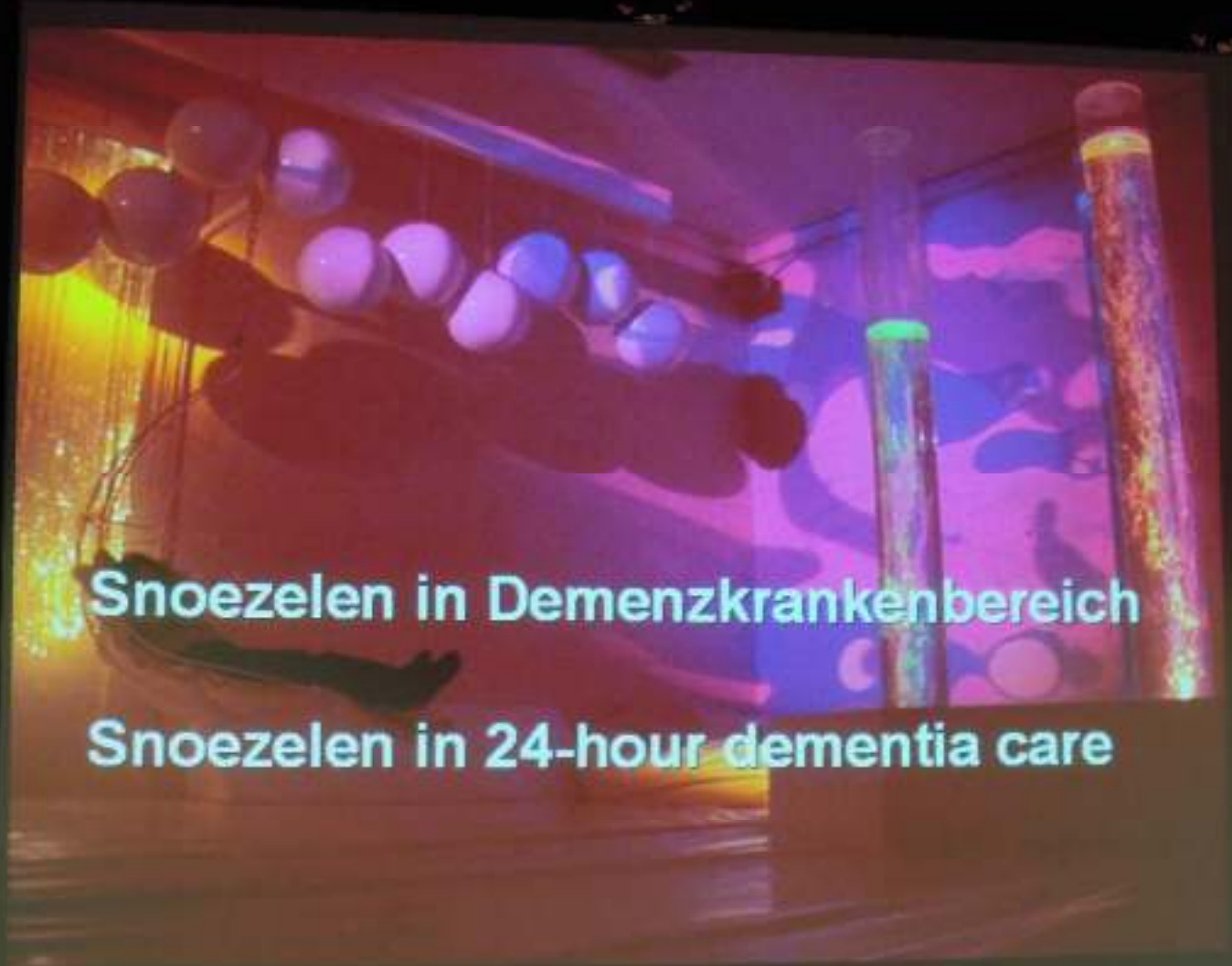
- Williams & Shellenberger's Pyramid of Development has interpretation evolutionarily in the person, but also involutively.
- That is, at the end of life, when compromised situations of neurocognitive deterioration appear, the roof of the pyramid will obviously be affected. In this vital process, it is essential that we place ourselves at the base of the pyramid, in the sensations.
- The person will express, communicate, feel, connect from sensory.
- It is essential to know that, whatever the level of neurocognitive involvement of the person, the person is there. The way, perhaps the only way, to be able to offer a life of quality and connection with the person, is through the sensations.

CONCEPT

- But whatever the person's level of impairment, what remains is their ability to perceive emotions. Emotions, well-being or discomfort, in the person with D&A is basically generated from sensations.
- In this sense, **the Snoezelen intervention will be essential to offer the greatest possible emotional well-being to the person.**
- We understand the **24-hour Snoezelen concept as the sensoriality that surrounds the person throughout the day.** It is essential, especially at home, to understand that from the time the person wakes up in the morning until he goes to sleep at night, he lives surrounded by sensations.

CONCEPT

- The snoezelen concept assumes that the world we live in is a mixture of sensations of light, sounds, smells, tastes and varied tactile experiences. Sensations to which we have access from our sensory organs: heard, eyes, nose, mouth, skin.
- The snoezelen space has as one of its objectives to favor the use of these senses, facilitating the experience of rich and varied sensory experiences.

A photograph of a sensory room. The room is dimly lit with various colored lights. In the foreground, there are several large, glowing spheres in shades of purple, blue, and white. To the right, there are two tall, vertical light tubes, one with a green glow and one with a yellow glow. In the background, a large portrait of a man with a mustache is visible on the wall. The overall atmosphere is calm and sensory-rich.

Snoezelen in Demenzkrankenbereich

Snoezelen in 24-hour dementia care

RESEARCH EFFECTS

SNOEZELEN:

Significant increase:

- Humor
- Happy / cheerful
- Level of relationship with caregivers
- Answers when spoken to
- Verbal emission
- Enjoy for yourself

Significant decrease:

- Sadness
- Inactivity
- Stereotypes
- Behavior problems: negativism
- Abandonment

SNOEZELEN INTERVENTION

SENSORIALITY AT HOME

- ✓ It's about being aware, as caregivers, that the person's day-to-day life, every moment, is full of sensations.
- ✓ In addition, the person with D&A presents neurological alterations that have an impact on the perception and processing of everyday sensory information.
- ✓ In this sense, **it will be essential that the carer ensure that they provide a sensorially appropriate environment and daily activities.**
- ✓ Thus, the person will be able to have greater emotional well-being.

SNOEZELLEN INTERVENTION SENSORIALITY AT HOME

- The Snoezelen intervention at home will involve the caregiver looking globally at the ENVIRONMENT in which the person with Alzheimer's and/or Dementia is located.
- It will also imply the fact that the caregiver ACCOMPANIES AND SECURES in all activities of daily living the person with Alzheimer's and / or Dementia.



SNOEZELEN INTERVENTION

SENSORIALITY AT HOME

The sensations of the person who is at home and presents a situation of Dementia and / or Alzheimer's, where do they come from?

- What does the person hear?
- What does the person see?
- What temperature does the person need?
- What does the person eat?
- What does the person smell?
- How does the person move?
- How do we touch the person?
- How do we mobilize the person?



SNOEZELEN AT HOME

SPACES:

The different rooms of the house, especially those inhabited by the person with dementia / Alzheimer's, must generate a peaceful, pleasant and orderly environment.

The following aspects must be taken care of, which we will detail:

- ORDER
- LIGHTING
- SOUNDS
- TOUCH: COMFORT
- AROMAS/ODORS
- MEALS / TASTES AND FLAVORS
- VESTIBULAR SENSE: DISPLACEMENTS, TRANSFERS



EMOTIONAL WELL-BEING BE COMFORTABLE WITH THE SENSATIONS OF TOUCH



LET'S TAKE CARE OF THE VENTILATION OF THE ROOM
LET'S TAKE CARE OF THE CONTACT WE HAVE WITH THE PERSON

SENSE OF TOUCH

HOW DO WE GENERATE THE GREATEST WELL-BEING?

- Know as well as possible the preferences of the person and try as much as possible, to adapt to them:

- What temperature in the environment do you prefer? It's a cold person, is it hot?

- How do you like the temperature of the water in the shower and in the toilets?

- Which textures do you prefer and which do you reject?



SNOEZELEN AT HOME

COMFORT/ TOUCH

- **Hand massage** with cream or natural oils, with relaxing aroma.
- **Tactile sensations** with different textures contrasted in some parts of your body (always according to your acceptance): soft textures, rough textures, rough, .., always observing the response of the person.
- **Contact with different temperatures** in some parts of your body (e.g. hands and/or feet). In this way we observe the responses of the person and we offer varied experiences that can contribute to their openness to sensations and will facilitate the emission of answers (of pleasure or displeasure).



PROPRIOCEPTIVE SENSE

HOW DO WE GENERATE THE GREATEST WELL-BEING?

- 1- Know the body awareness of the person.
- 2- How does the person have their muscle tone?
- 3- How is the posture of the person?
- 4- How do we accompany the person in their postural changes and mobilizations?





**MOBILIZATION
BODY AWARENESS
COMFORT**

SNOEZELEN INTERVENTION at HOME

VESTIBULAR SENSE

The person with AyD throughout the day is subject to vestibular sensations:

- Does the person feel dizzy, or insecure in postural changes?

- Does the person wander?

How safely does it do it?

What supports do you need?



SNOEZELEN AT HOME

THE VESTIBULAR SENSE: MOVEMENT, POSTURAL CHANGES:

- In this way, the caregiver must adapt to the rhythm of the person, offer calmly in the care activities, postural changes in an appropriate way.
- If the person retains the ability to move, we must always accompany him by enhancing his autonomy.
- Also offer during the day the possibility of experiencing vestibular sensations in a situation of comfort and security. For example: gentle swings on a rocker, quiet walks, and if possible and the person accepts it, walking on varied slopes, going up and down stairs.



SNOEZELEN AT HOME

VISUAL ENVIRONMENT: LIGHTING

LIGHTING RECOMMENDATIONS:

In general, it is recommended, whenever possible, that the person can enjoy **natural ambient light**,

Being able to offer the person views to the outside will connect them with the environment, place them at the time of day, help their orientation in a natural way.



SNOEZELEN AT HOME

VISUAL ENVIRONMENT: LIGHTING

LIGHTING RECOMMENDATIONS:

When artificial light is needed, it is essential that we have **warm light**.

Artificial lighting is recommended to be **indirect**, not to dazzle the person.

In the room, a **night lamp** is recommended, which facilitates the care that may be needed during the night with the least possible interruption in the quality of the person's rest.

On some occasions, in some activities, a **focused and clear light may be needed** to help the person in their fixation and visual follow-up. In this sense, having white, clear and focused light at a certain time will be of great help.



SNOEZELEN AT HOME

AUDITORY ENVIRONMENT: SOUNDS/NOISES

Sounds/Noises at home:

It is a priority to take care of **the tone of voice** with which we address the person. We must talk to her once we have made **adequate eye contact with her**.

The tone of voice will be modulated according to the auditory perception capacity. Yelling at him frequently will generate alteration. Speak softly, but being aware that you can perceive what we say.



SNOEZELEN AT HOME

AUDITORY ENVIRONMENT: SOUNDS/NOISES

Sounds/Noises at home:

Sound in the environment is essential. An environment with background noises, such as a television or radio in continuous operation, will make it difficult for the person to focus their attention on the verbal message.

It is recommended that the television or music be in operation only at times when the person is in a position to perceive them. Having a device running all day contributes to the dispersion of the person.



SNOEZELEN AT HOME

THE GUSTATORY SENSE

Food at home

Eating may be one of the pleasures that a person can enjoy in the old age stage.

It will be essential to know the tastes and preferences of the person. The preferred foods, the appropriate texture, the taste of the dishes that we present according to their sensitivity (spicy, salty, sweet, sour, bitter, etc.)

The visual sense plays an essential role in food. Taking care of the presentation of food, its arrangement on the plate, its colors, will help us motivate the person in the meal and contribute to the enjoyment of it.



SNOEZELEN AT HOME

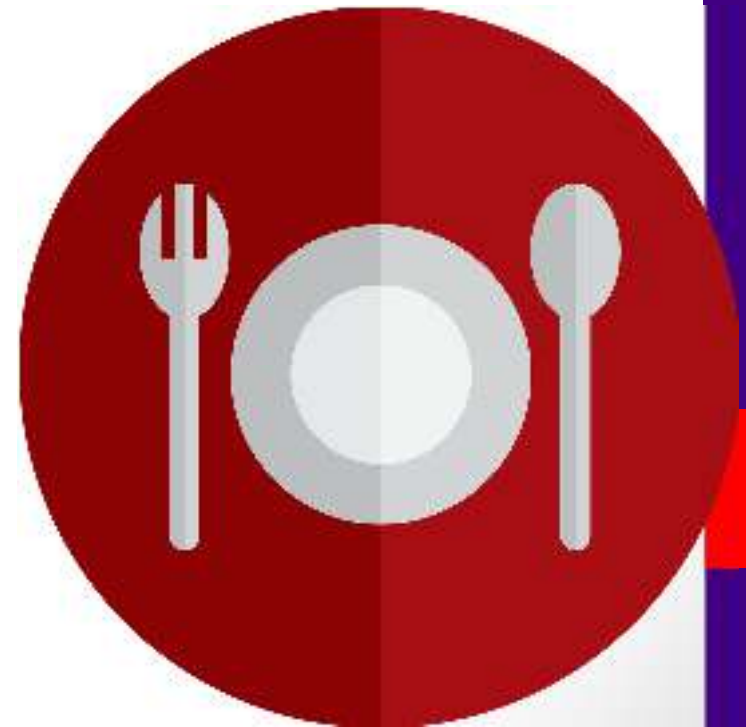
THE GUSTATORY SENSE

Food at home

The utensils used will also contribute to making the act of eating more pleasant. The plate, the cutlery, the glasses, must be appropriate to the capabilities of the person, but at the same time, they must be beautiful for the person.

The rhythm in the meal, the accompaniment that the person needs has to adapt to his state.

Eating in a pleasant and pleasurable way is essential in the proper care of the person.



SNOEZELEN AT HOME

OLFACTORY ENVIRONMENT: SMELLS/AROMAS

The aromas/smells in the home:

The well-being of the person with AD will be improved if we take care of the aromas that the person has around him.

In general, it is recommended to take care of the smells of the rooms in which the person is. Ventilating the rooms will be essential, renewing the environment.

It is recommended in the usual rooms and for the environmental aroma to be able to offer a **fresh, relaxed atmosphere, not olfactory loaded.**



SNOEZELEN AT HOME

OLFACTORY ENVIRONMENT: SMELLS/AROMAS

The aromas/smells in the home:

It will always be important to be able to know the smells that have been and may be of pleasure and displeasure for the person, to try to respect it.

At some times of the day it is advisable to be able to generate an atmosphere of relaxation using essential relaxing aromas. Essential oils, aroma diffusers, can be of great help. But, at specific times of the day. It is not recommended throughout the day or long periods of time, since in this case, by habituation, they lose all their effect.



thank
you

Teşekkür Ederim