

SNOEZELN ROOM AT DAY BREAK ALLOWS FOR A SNOOZE OR STIMULATING ACTIVITY



On a dreary, wet day in March (or any other day for that matter) one's senses can come alive in a sparkling room filled with glowing lights, nature sounds, tactile boards on the wall, a pulsating, bean bag bed on the floor and an extra comfortable bed in the corner complete with a cute, stuffed dog to pat.

The Hutton House snoezelen room at Day Break is a sensory filled place where participants can go to relax or have fun in a safe, controlled environment.

The word snoezelen comes from two Dutch words which mean to explore and doze.

Snoezelen therapy has been known to reduce stress, anxiety and aggression in people with developmental disabilities.

The room can be used to calm a person and let them have a nice, cozy nap or to pick up their spirits and let them exert a little energy. The staff is fully trained on adapting the room to each participant's likes and needs.

The one at Hutton House comes equipped with a disco light ball and music ranging from Elvis Presley and Much Music's Big Shiny Tunes to Echos of Nature, Sounds of Aquatic Mammals in the Wild, Frog Chorus and Nature's Symphonies.

It includes a black light mirror, larger than life convex and concave mirrors, an infinity box with flickering, coloured lights and a bubble, tube light that changes colours and sends fake fish up and down the tube. On the tactile boards fastened to the wall, participants can play with wheels, explore textures and colours, open and close miniature doors. If they prefer, they can sit on a bean bag chair or the rocking chair while playing with a slinky or other sensory, stimulating hand-held items.



Amy Schembri, Coordinator of Day Break says Hutton House has been helping participants in the specialty room since it opened about 15 years ago. People like 36-year old Ryan Raven who has an acquired brain injury will use it to have a nap if he's had a restless night due to frequent seizures. Schembri says each person is different. Some will spend 2-3 hours just relaxing and others just need ten minutes in the room.

