

Sensory Modulation Room Equipment Recommendations

For forensic and other high-risk mental health in-patient settings

Introduction

The guidance below has been created in partnership between occupational therapists, nursing, and sensory room suppliers.

Recommendations are restricted to types of equipment that are lower risk, with suggested installation considerations. This document does not explain how to use a sensory room or who should use this room. Furthermore, it is understood that these recommendations are the opinions of those who participated in this collaboration and that any equipment purchased or installed is the responsibility of the service or person that purchases such equipment. Any risk assessments and care planning for the use of such equipment is the responsibility of the service provider.

Each sensory modality is discussed below, with associated photographs of specialist equipment. Some equipment is available from bespoke sensory room suppliers, whilst other equipment could be purchased from other, non-specialist companies. It is always advisable to check the quality of any resources when purchased from non-specialist companies.

Thank you to Susan Day, Director of Clinical Services at the Priory Group, and Tom Dunstan, Specialist Occupational Therapist, Hope & Horizon Units, Fairfield General Hospital, for their valuable contributions to the development of these recommendations.

We hope that this document is self-explanatory, however, if you require further information, please contact:


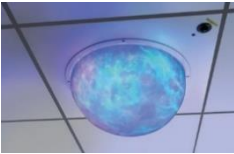


Sylvia Dubarry sylviadubarry@cygnethealth.co.uk (Regional Occupational Therapy Director for Cygnet Healthcare)

Linten Wells linten@rhinouk.com (Rhino)


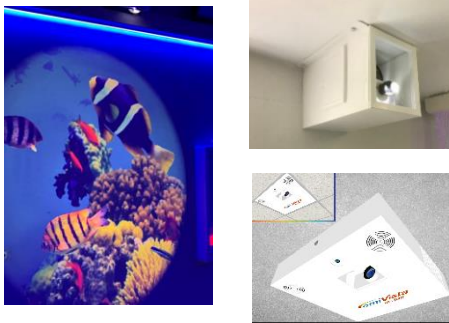

Ciara Collins Ciara.Collins@spacekraft.co.uk (Spacekraft)

Jan Wdowczyk jan@kingkraft.co.uk (Sensory Kraft)





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Sensory Modality	Types of equipment	Examples	Comments on installation
Sound	1. Sound system		Bluetooth ceiling speakers – flush with ceiling or encased to prevent damage.
	2. Sound-to-light panel (reacts to pitch and volume)		Wall-mounted, flush with the wall. This will require embedding into padding along the wall to reduce ligature risk
Light	3. Sound and Light Dome		This provides ambient light and changing images around the room. The light changes in response to sound from the voice, body, objects or music. It should be fitted securely to the ceiling.
	4. Wall wash		Lighting strips flush with the junction between wall and ceiling allow for individual choice of colour. All lighting should have dimmable options. Some installations have an application suitable for a phone or tablet for controlling features.
	5. Snow panel –		Similar to a bubble tube, but this has no water, and recreates the bubble effect. Maintenance-free option embedded in padding in the wall




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	6. Bubble walls embedded in padding		Installation should focus on embedding into padding that is flush with the wall. Be aware that bubble walls contain water and will need regular cleaning.
	7. Projections		Projections encased in anti-shatter and high impact casing, which must be flush with the wall.
Smell	8. Portable diffuser preferred option		This could be trialled outside of the room to determine responses first. It will need a lockable cupboard or external storage to reduce risk. This is preferable to a room diffuser to avoid adverse reactions to scents that may linger for too long.

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Vibration	9. Raised padded plinth		Speakers and vibration plates are embedded in a raised platform to enhance lower sound frequencies. The person would lie or sit on the platform and listen to preferred music with additional vibration through the body. These are tailor-made and are a useful structure for irregularly-shaped rooms as they can be fitted into a specific space, and can be wire-free.
	10. Vibration wall panel		This may need to be manufactured. It is a wall panel that, when leaned against, emits sustained, gentle vibration. There are portable vibration options such as vibration cushions and tubes, however, these are battery-operated, which raises the risk of swallowing. Any portable equipment should be kept securely.
Light touch	11. Smaller resources that can be packed away		Soft materials and other tactile objects can be brought in for specific sessions, and should be stored securely.
Firm touch	12. Beanbag cushions		Large beanbags that provide a sense of security. Material should be zip-free and rip-resistant, and follow all fire-retardant standards. Consideration needs to be made about the individual's mobility when getting into and out of the beanbag, as this can heighten distress and a feeling of being out of control.

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	13. Weighted blankets		<p>Weighted blankets are now more readily available than previously. Standards will vary according to supplier.</p> <p>Recommended weight is 10% of service user's body weight.</p> <p>Be aware of the contents of the blanket. It should not contain pockets for additional weights, and the substance within the fabric should not contain glass or small beads that can be removed and swallowed.</p>
Movement	14. Rocking chairs		<p>Consideration of zips and materials must be made.</p> <p>As an alternative, foldaway gaming chairs can be used. Be aware that these are not low-risk and may contain weak fabric, zips and pockets. However, they are light and transportable so could be brought in for specific use and then removed.</p>
	15. Peanut ball		<p>Lying over a large peanut ball or sitting and bouncing gently provides more stability than a regular gym ball for the client.</p> <p>Use anti-burst balls however be aware that these can be punctured deliberately. Stoppers are easily removed, therefore spares should be purchased, and be aware of the swallowing risk.</p> <p>This is not a low-risk item, but dependent on storage, it can be located outside of the room and brought in for specific use.</p>