

Multisensory Environments in Dementia Care

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Multisensory Environments



Multisensory environments (MSE) are a dedicated space containing sensory equipment, to provide stimulation to engage a person or minimise stimuli to provide relaxation

(Bauer, Rayner, Koch & Chenco, 2012)

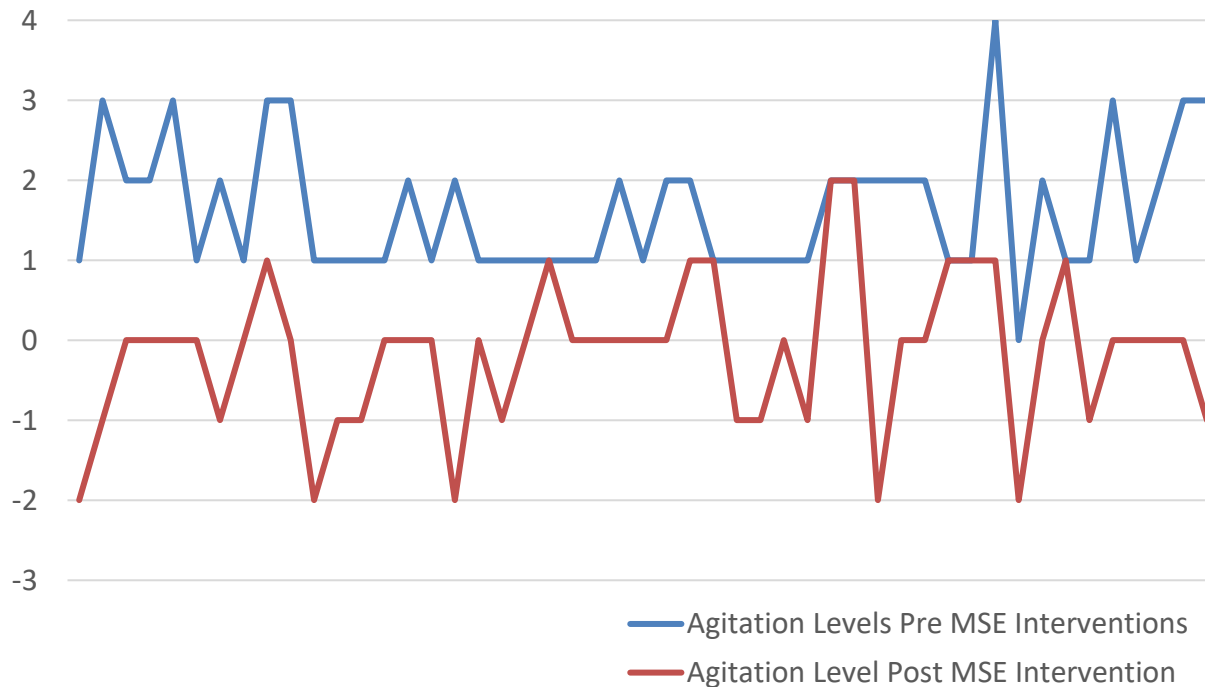
MSE at Garrawarra Centre



Resident Outcomes – Reduced Agitation

- 87% of residents who participated in the multisensory environment program have had a reduction in agitation
- Average agitation levels improved by 40% as a result of MSE interventions

Resident Agitation Levels following MSE Interventions

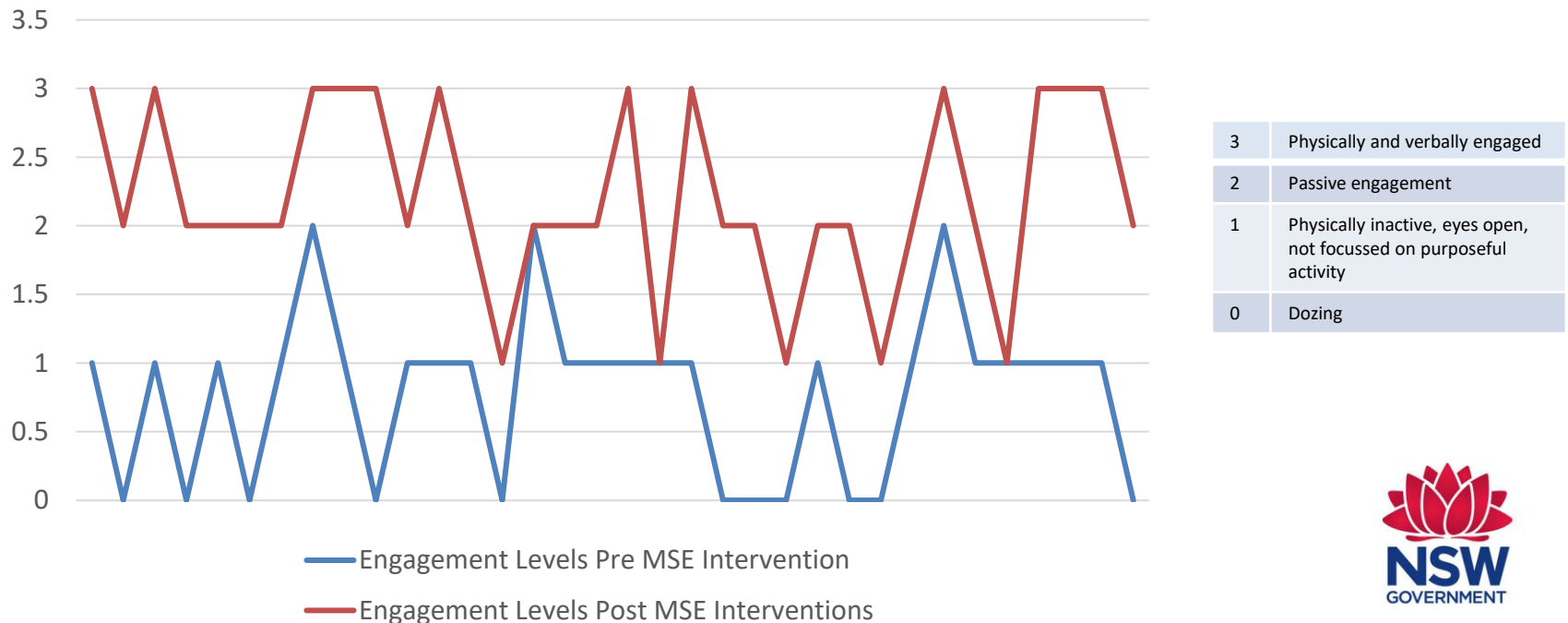


4	Combative
3	Very Agitated
2	Agitated
1	Restless
0	Alert & Calm
-1	Drowsy
-2	Light Sedation
-3	Moderate Sedation

Resident Outcomes – Social Wellbeing

- Social engagement increased as a result of staff initiating the MSE program for 98% of residents who participated.

Resident Engagement Levels following MSE Interventions



MSE Person Centred Design

➤ Comfortable and Safe

- Intimate & Quiet
- Safety – equipment & environment

➤ Meaningful & Familiar

- Utilise familiar objects and images
- Bring the outside in
- Music

➤ Multisensory Experiences

- Variety
- Visual Focal Point



MSE Person Centred Design

➤ Stimulation & Relaxation

- Bright lights vs low lights
- Peppermint vs lavender

➤ Control & Interaction

- Switches/ remotes

➤ Age Appropriate & Usable

- Avoid juvenile equipment/ toys
- Equipment consideration – size, weight,



Implementation

- Assessment – sensory needs and preferences
- Multisensory Program
 - Orientation to multisensory environment
 - Sequencing of stimuli
 - Reorientation to normal environment
- Collaborative



Sustainability Considerations

➤ Importance of Design

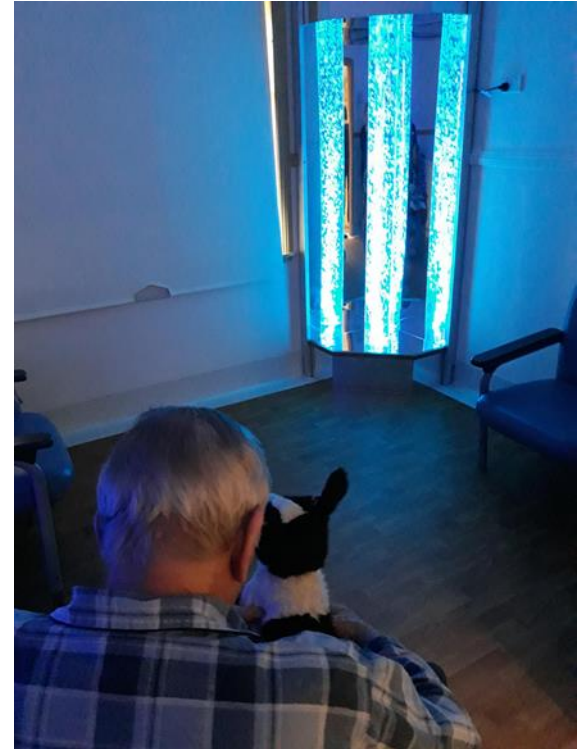
- Collaboration
- Access
- Comfort

➤ Equipment

- Age Appropriate
- Variety

➤ Training

➤ Poor Systems



Questions

