

SENSORY CUSHION

2.06



This design has 4 pockets containing interesting items inside to explore...



..and one large pocket on the other with a selection of fabrics inside.

Description:

A Sensory Cushion is a cushion with pockets, in which assorted items are attached inside so they can be pulled out and fiddled with, but not removed. The cushion is designed to provide a spectrum of sensory experiences: visual, tactile, and even auditory. Include a variety of materials: soft/silky/furry and beads on a rope, buttons/sequins/rope/ribbons. Use bright contrasting colours for visual stimulation. Auditory stimulation can be achieved through including items such as bells.

Applications:

The cushion can be used to manage agitation as a calming tool to soothe the person. Items in the pockets stimulate the senses and occupy the hands. For a person who gets anxious and calls out it can be used as a distraction tool to focus the person onto an activity in which they enjoy and are familiar with.

Purchasing information:

Enjoy making your sensory cushion; see information sheet 2.07 for an easy pattern.

Disclaimer: This information is a guide only. Alzheimer's Australia WA Ltd does not endorse any of the manufacturers, suppliers or the use of any of the products featured. It is recommended that an assessment be sought from the Independent Living Centre or an Aged Care Assessment Team prior to purchasing Assistive Technology.

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