

Community Snoezelen Program

snoezelen@hollandbloorview.ca

What is Snoezelen?

The word 'Snoezelen' is made up of two Dutch words:

- *snufflen* meaning to seek out or to explore
- *doezelen* meaning to relax or to be in a wonderful place

Snoezelen rooms are artificially engineered spaces that use music, lighting, gentle vibrations, tactile sensations and aromatherapy. Depending on the user's sensory needs, the space can be relaxing or stimulating. The room is meant to be free from the pressure of goal setting and users do activities at their own pace.

How can Snoezelen be a part of my child or client's treatment plan?

When supported by a trained caregiver, a snoezelen environment can:

Provide sensory regulation: For clients who have difficulty processing sensory information, the amount of stimulation in the room can be changed to suit their needs.

Promote sensory motor learning, language and cognitive development: The enriched environment and the 'just right' amount of sensory input can assist in learning new skills.

Reduce anxiety: The relaxed atmosphere decreases the stress of the participant and caregiver/therapist which supports a positive emotional experience.

Who can use the snoezelen room and pool?

The community Snoezelen room and pool program is open to children and adults of all ages and disabilities. You do not have to be a registered Holland Bloorview client to access the program and do not need a medical referral. We welcome community agencies, schools and support organizations for individuals with disabilities.



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Interested in learning more? Please contact:

Name: Lorraine Thomas, Snoezelen Coordinator & Family Support Specialist
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Tel: Dial 1-800-855-0511. At operator prompt, give (416) 422-7049

Snoezelen Room



The Snoezelen room uses music, lighting and gentle vibrations to provide opportunities for a unique sensory experience.

Overhead track system (Hoyer lift) available.
Clients must bring their own sling.

Hours

Monday - Friday 9:00 a.m. - 7:00 p.m.
Saturday 10:00 a.m. – 4:00 p.m.
Closed holiday weekends and statutory holidays

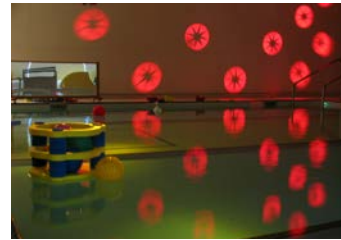
Cost

\$9.76 (includes HST) per client per visit.

All caregivers must have Snoezelen room training before using the room on their own. There is a \$26 fee for training. For more information go to www.hollandbloorview.ca/snoezelen

Location: 1E165, Main level

Snoezelen Pool



The Snoezelen pool combines lights, sounds and textures with the therapeutic effects of a warm therapy pool.

Overhead track system (Hoyer lift) is available on the pool deck and in the family change room. Clients must bring their own sling. Family change room available for those bringing a client or child over the age of seven of the opposite gender.

Hours

Times vary depending on the season. For more information, go to www.hollandbloorview.ca/snoezelen

Cost

\$14.66 (includes HST) per client per 45 minute session. A minimum of one-to-one support required for each client. *Siblings are welcome but also require one-on-one support and pay a rate of \$17.97 (includes HST) per session.*

Location: Therapy pool, basement level

Holland Bloorview Kids Rehabilitation Hospital was home to Canada's first Snoezelen room which opened in 1992 at the Bloorview Children's Hospital (later merged with Holland Bloorview). A community Snoezelen room opened in 1995. A portable Snoezelen cart for inpatients became available in 2001. North America's first Snoezelen pool opened in October 2002 at Holland Bloorview Kids Rehabilitation Hospital.

Snoezelen started 35 years ago in the Netherlands. It was originally designed as a leisure activity for adults with severe disabilities. It is now used with many different populations including children, seniors and patients in acute care facilities (hospitals and trauma centres)