



## Sensory Room

Located at our Cook Street  
Short Term Accommodation House,  
Atherton

\$5 per half hour session or  
\$10 for 3 sessions

Fully supervised half hour sessions

All ages and disabilities welcome!

Bookings and enquiries:  
Phone 07 4091 6908

*This sensory room has become a reality thanks to the kind contributions from the following organisations and people:*

- Connor LeGear – Maize Festival Entrant 2018
- North Queensland Show Jumping Club Inc.
- EPIC Assist
- Riette Voogt



## What is a sensory room?

A sensory room is a specially designed room which combines a range of stimuli to help individuals develop and engage their senses. These can include lights, colours, sounds, sensory soft play objects, aromas all within a safe environment that allows the person using it to explore and interact without risk and build up their confidence and their ability.

## Benefits of a sensory room

There are a whole host of benefits of a sensory room for those who require them, some of these include:

- **Sensory stimulation** – by encouraging the user to engage and explore the environment then it can have positive effects on their ability to react and interact with the larger world around them.
- **Enhance learning through play** – following on from this, sensory stimulation can engage different areas of the brain, helping children absorb and retain more information and better meeting the needs of the individual.
- **Improve balance, movement and spatial orientation** – sensory rooms can help develop users' visual processing abilities as well as their fine and gross motor skills, facilitating day-to-day living.
- **Tackle problems with behaviour** – sensory environments can be highly absorbing, providing a moment of comfort and calm for overactive and distressed individuals, and helping inactive individuals to feel better engaged. This improves focus and assists users to better manage challenging behaviours.

