



# Snoezelen Rooms

A Multisensory  
Environment

A soothing setting for those  
with Alzheimer's or dementia



HSL

*Independent  
Assisted Living  
Memory Care*



## WHAT IS SNOEZELLEN?

A combination of the Dutch verbs *snuffelen* (to seek and explore) and *dozelen* (to relax).

Snoezelen (pronounced SNOO-zeh-lehn) rooms date back to the 1970s, when Dutch therapists used sensory experiences to help those with intellectual disabilities. The concept has since been used in a variety of settings, most notably memory care.

### An environment designed for sensory stimulation.

The room is designed to challenge the senses. Inside you will find panels of soft, colorful lights, images displayed across the wall and/or ceiling, gentle, soothing music, pleasing aromas, fiber optic bean bag chairs, a rocking recliner with massage functions, bubble tubes with a mirror and various tactile objects.

### A Snoezelen Session

#### Time Frame

*Even a short session between 15-30 minutes is effective.*

#### Participants

*Rooms can be used 1-on-1 or in a group setting.*

#### Personalization

*Specific sensory experiences are selected based on the resident.*





Multisensory rooms use light, sound, scents and touch to initiate sensory stimulations, which can calm residents and help them interact with the world.

## Benefits of Multisensory Therapy

1

### Relaxation

*This therapy enhances feelings of comfort and well-being, especially for those who wander, experience sun-downing or are agitated. They relieve stress and relax the mind and body.*

2

### Interaction

*Stimulating the senses encourages vocal attempts and physical movement. Every item in the room encourages residents to interact at various levels.*

3

### Attention

*Snoezelen rooms are shown to improve the attention span and memory recall of residents with Alzheimer's or dementia.*







## Find a Snoezelen Room Near You

Multisensory Snoezelen rooms are available in all of Heritage's memory care communities. Call **844-658-4475** or visit **heritagesenior.com** to find one near you.



## Heritage's Memory Care Program

Snoezelen rooms are just one component of our personalized memory care program, called Toddy's Touch, which prioritizes alternative treatments and nonmedication therapies. Our ultimate goal is to enrich and enhance our residents' lives while helping them engage with the world.



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