

**UNDERSTAND RESPECT EXPERIENCE**

**YOUTH HUB**

**ASIAM.IE**



**AUTISM IN THE YOUNG  
IRISH COMMUNITY:**

**AUTISM EXPERIENCE EXHIBITION**

## WHAT IS IN A RELAXATION ROOM AND HOW CAN I USE IT

### What is it called?

Ear Defenders

### What does it do?

People who are sensitive to noise or are auditory defensive may like to wear ear defenders to reduce the noise input to help feel calm. The ear defenders are simply worn like a set of headphones. The person may wear them in noisy environments such as a dining hall or when there is a sudden noise like the fire alarm. It is very important the headphones are not worn all of the time. Ear defenders should be used as part of an auditory desensitisation program.



### What is it called?

Weighted Vest and Weighted Blanket and Lap weight

### What does it do?

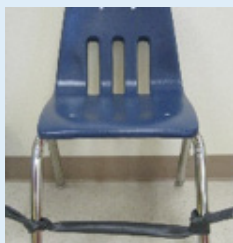
Weighted items come in different sizes and shapes. An Occupational Therapist will advise you on the correct weight to use. A person with Autism may like to lie under the blanket for heavy input and to feel calm. Others may like to wear a lap weight. A weighted vest comes with weights inside. It is important to seek advice from an Occupational Therapist who will help you choose a weighted item that is suitable for you according to your breathing, muscle tone and weight.

## What is it called?

Move n' Sit Cushion

## What does it do?

Move n' Sit cushions are used when people find it difficult to sit, and require increased movement input. The cushion is set on the chair with the thin edge at the front. The cushion is slightly inflated with air, so that when the person moves the cushion moves also. The increase in movement input to the brain helps the person to stay alert and helps them to attend. The person does not need to sit on the cushion all day. It is best to use a cushion when the person is seeking increased movement.



## What is it called?

Thera Band

## What does it do?

The Thera band is a resistance band. When the person pulls the band it provides muscle input which helps the person to be in a calm and alert state. It can be tied around the legs of a chair and kicked against it as a foot fidget. The Thera band can also be tied at the side of the chair and be used to do stretches. The Thera band can provide proprioceptive input.



## What is it called?

Peanut Ball

## What does it do?

The Peanut ball comes in different size. You can choose the size that best suits you. The Peanut ball can be used in a variety of different ways. The Peanut ball rests on the floor, and the person can roll over it on their stomach. In this position the person is receiving proprioception input as they are weight bearing through their arms. If the person enjoys movement input, they can move forwards and backwards, this involves vestibular and proprioceptive input. Another way to use the Peanut ball, is to sit on top of it and move forwards and backwards. This provides vestibular input. All these movements also improve core stability and balance.



## What is it called?

Visual Prompt/Timer

## What does it do?

This is an example of a visual prompt for when a person is feeling upset or anxious. The cards provides reminders and choices for the person to use to help them to feel calm.



## What is it called?

Visual Prompts

## What does it do?

This traffic Light Timer will visually track the passing of time. A sound effect can be selected that will play when each section of time changes. This can be used when transitioning from one activity to another.

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## What is it called?

Apps for Breathing Techniques

## What does it do?

Using apps on the Ipad or the computer can help the person to relax. Taking a few minutes each day to feel calm is important. It will help the person throughout the day by aiding concentration and helping the person to feel less anxious or stressed.

## WHAT IS IN A RELAXATION ROOM AND HOW CAN I USE IT

A relaxation Room should be a functional space where a young person can go to reduce sensory stimuli.

The room should be able to reduce overwhelming feelings, or be a place where a person can obtain additional sensory input. It should help the young person to regulate their sensory and emotional needs which are interdependent on each other.

### THERE SHOULD BE SEVERAL STRUCTURED AREAS:

- The young person should be able to self-direct themselves to the activity they would like to do. This can be done using visuals.
- There should be a countdown strip available in each area to prepare the person to transition to the next area.



- There should be an emotional regulation strip in each area, so the young person can identify how they are feeling when they leave the area.



- There should be soft seating outside the room for young people who may find the transition difficult. The area is to provide time to relax. There could be bubble wrap/ weighted blanket



and a timer here.

This is also a good place to to keep the young person's individual Relaxation Box.

- There should be an area with a computer that has apps/ programs for relaxation



- There should be an enclosed area with reduced stimulation. There could be pillows and low lights.




- There should be an area for Active activities. This could include a small trampoline, a peanut ball and a thera band.



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 Still got a question about Autism you would love to know the answer to? Tweet @AslAmIreland and we will do our best to answer any sincere questions we receive.

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