



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



..and one large pocket on the other side containing a selection of fabrics.

## 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.

## 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.

### **Be Creative:**

Enjoy making your sensory cushion; see the easy pattern information sheet 2.07

**Disclaimer:** This information is a guide only. Alzheimer's 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. Revised 7/11/18

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