

# PRoF Award abstract – Call 2016

## SIT: ZC

### Sensory Integration Therapy: Zenso Cocoon

#### 1. Research Outline

Acronym	SIT: ZC
Project name in English	Sensory Integration Therapy: Zenso Cocoon
Pitch (1 sentence)	Offering sensory stimuli as a necessary input to persons with dementia as a non drug approach to retain autonomy as much and as long as possible.
Executive summary (max. 10 lines)	
<p><b>Nothing is in the memory, which was not first in the senses. Similarly, our own body image is formed. However dementia seizes in on the memory and on all that was stored in it, making its own body image more and more voids. All this enables that persons with dementia are searching through their senses again and again and again for their own body, to perpetuate themselves in space. Therefore they perform certain compulsive behaviors such as wandering, rocking, call behavior, adoption of fetal position, paratonia, ... to generate tactile, proprioceptive, vestibular, visual and/or auditory sensory input. It is to us as caregivers to generate specific sensory stimuli through alternative ways, so that their own existence continues and they don't have to search for it in a compulsive way. With the Zenso Cocoon we succeed in this on the basis of the application of a music therapy water bed, projection of nature images, essential oil, a dynamic bed orthosis, colored led lighting, a bubble unit, a fiber glow, ...</b></p>	

## **2. Cause and context of the research**

We want to search more and more for non drugs ways to become a maximum quality of live and care for people with dementia. Evidence based literature proves that specific sensory input has good effect on this goal.

We did work for over several years with a relaxation bath, where people floated on a floating mat and would be covered with a beach towel that is made wet so it envelopes the body of the person with dementia. When we gave these specific sensory input, persons with dementia became relaxed. But this application was to disciplinary depended, not long applicable and the effects where very fast lost when the person with dementia came out of the bath. The person with dementia couldn't decide on their one if they want to get such a therapy and it took a lot of time for the caregivers.

So we searched for an alternative way to do the same things, but the 'negative' things could be avoided. The result was the Zenso Cocoon that is always available, didn't ask for preparational time, the person with dementia can be there on their one in a save way, all disciplines could use this room 24 on 24, 7 on 7, the effect lasted in time when they leave the Zenso Cocoon and we can offer many different sensory input on themselves or together on demand and necessity of the person with dementia.

## **3. Innovation results achieved**

The achieved results of this Zenso Cocoon builed up around Sensory Integration Therapy for people with dementia were:

- less chemical and/or physical fixation of the persons with dementia which promoted autonomy for them.
- more physical and mental relaxation of the persons with dementia
- less fall accidents
- working pressure and workload for the caregivers was reduced

## **4. Link to the PRoF values**

- Optimal physical and mental comfort is achieved on a non drug way.

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- We achieved more autonomy for the person with dementia because they were more independent and less 'searching for themselves', making them more attentional for the happening in the immediate vicinity.
- Privacy can be more insured because they can be left alone in a safe way in the Zenso Cocoon.
- Safety can be more insured because persons with dementia have more attention to the immediate vicinity, so falling accidents occur less. Safety can be guaranteed in the Zenso Cocoon when the person with dementia is left alone, because there can be placed a motion detector so the caregivers can observe when the person leaves the music therapy water bed.
- Social isolation can be avoided because through this application the person with dementia can be brought out of the repressed status and results in a better contact that can be made with visitors. This is because there is less attention/energy invested in the 'own-I', so that more energy is released to more concentrated attention or more awareness to be able to deal with the immediate vicinity.
- The Zenso Cocoon is not stigmatizing because it is customized and developed to the needs for persons with dementia. The Zenso Cocoon adapts to the person with dementia not vice versa. In addition, the uninformed person recognizes this as a spa and this is not seen as being different.
- The Zenso Cocoon is developed in this way that proximity of children and/or grandchildren can be guaranteed, in which they can relax together. Music, pictures and movies connect us all and this is also sensory stimulating for all of us. In this way they become in the same status, making intergenerational contact easier. The Zenso Cocoon makes quality of relationships happening equal to happiness.
- The Zenso Cocoon is a very flexible room because it can be a stimulating or a relaxation place, and it can be formed to the necessity of the moment specific for the individual and unique person with dementia.

## 5. Applicable IPR rules

The uniqueness of the Zenso Cocoon and the Sensory Integration Therapy project is that it uses existing technology in an embedded multi-, inter- and transdisciplinary environment. No infringement of IPR is known at this moment.

## **6. Information on the partners**

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### Note:

If your project is selected as laureate for the Award Symposium, a powerpoint presentation that reflects the project as suggested will be required (in advance), including a future plan how the funding will be used.

If your project is selected as the winner of the Award, you will be invited to present the results achieved thanks to the award during the Award Symposium of the next year.

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## **Addendum: Contact information**