

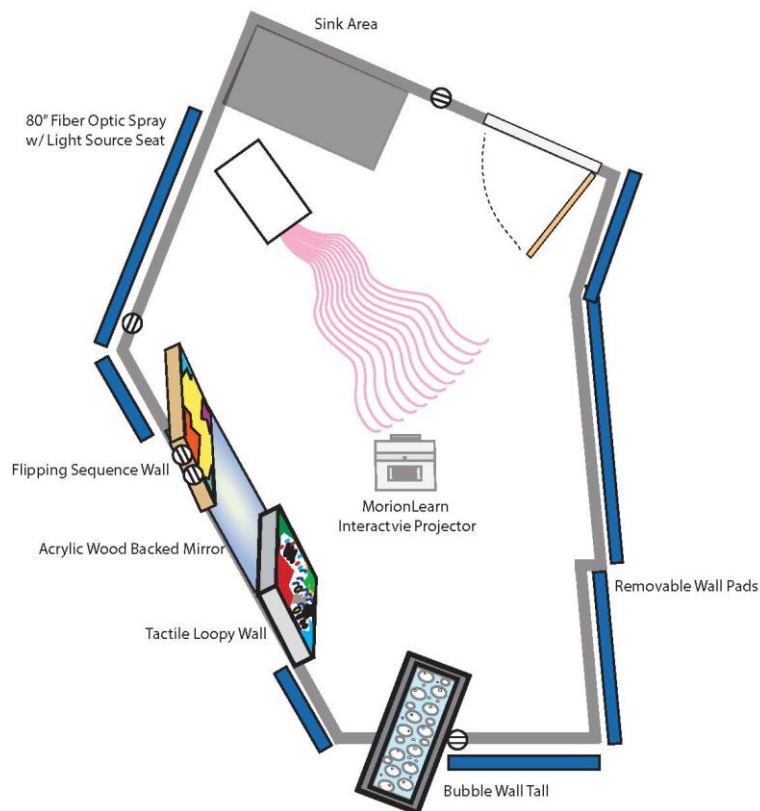
Creating a Calming Retreat A Special Proposal for i understand

Children come to Helen DeVos Children's Hospital for a variety of reasons and needs. They bring with them their fears, anxiety, and depression. Other children who come to the hospital in need of medical treatment have a secondary diagnosis of being on the Autism Spectrum. For each one of these children the hospital can seem overwhelming and even chaotic. These children need a special place of solitude. A place that can give them a feeling of comfort and calm in this world of chaos.

With the help of i understand we can create a sensory playroom that will provide these children with a calming environment. A sensory playroom serves as a quiet, safe, and respectful place of retreat. Included in this room are sensory supplies and activities that are available to help a child calm down and avert crisis; the focus of control shifts from staff intervention to personal responsibility for self-regulation.

This therapeutic space is designed to promote sensory modulation and facilitate the learning and practice of stress management skills. It offers opportunities for self-discovery and meaningful therapeutic activities. The use of sensory playrooms for individual and group treatment is being linked to treatment plans for patients with safety and self-regulation issues. Effective utilization of this playroom can provide a bridge linking skills learned in the hospital environment to the use of helpful sensory strategies in the discharge environment.

Elements in our sensory playroom would include a light source seat with a fiber optic spray, bubble wall, tactile wall, reflective acrylic mirror, interactive floor and removable wall pads.



Elements to be Included



Bubble Wall

Bubble walls are fully immersive and engaging walls cascading with water and changing colors. Bubble walls have many benefits including; visual tracking, auditory awareness, relaxation and social interaction. The main benefit of the bubble wall is its ability to engage and encourage a calm environment.



Light Source Seat with Fiber Optic Spray

An important element within any multi-sensory environment, fibre optics provide a unique opportunity to get light close to an individual. They provide a stimulating and safe experience without heat or electricity being transmitted through the fibre itself. Fibre optics offer relaxing and calming benefits as well as bright, colorful and stunning effects to aid the understanding of cause and effect.



Tactile Wall

Large textured surfaces are a great way to decrease tactile defensiveness, encourage exploration of the environment and promote self-determination and independence. All to increase self-esteem and confidence.



Wood-Backed Acrylic Mirror

This mirror is utilized behind bubble tubes to enhance the sensory experience. It has a shatterproof mirror that makes it ideal for any sensory room.

How You Can Help

Sensory Playroom

To provide this calming environment for our children we need your help to transform one of our existing rooms into a new sensory playroom. The cost to make this possible is \$70,000.

Recognition

A gift to establish the playroom would be recognized with a plaque outside of the room. The plaque would state; "This sensory playroom was made possible through the generosity of i understand.

Endowment

There will be ongoing costs to provide smaller sensory play items that the children can use during their stay and take home with them. To ensure we can continue to provide these items we would like to establish a \$30,000 endowment that would yield \$1,500 a year towards this need.

Recognition

A gift to establish this endowment would be recognized as the i understand endowment for the sensory playroom. This endowment will live on in perpetuity.