

Testimonial

"Ever since our son was born he's suffered from Sensory Processing Disorder that goes along with his ASD diagnosis. Going into a grocery store could be overwhelming and painful for him. The Snoezelen Room was developed for children just like our son; it helps stimulate their senses in a sensory safe environment, giving them the tools needed to face every day challenges in their lives. Since he started going to the Snoezelen Room we've seen major improvement in his everyday life and in what he's able to handle sensory wise. It's such a blessing to see our son try new things that used to scare or upset him, and I don't think he'd be doing half of them without the experience he's gotten in the Snoezelen room."

If you would like to become a member, volunteer, find out more about our organization or utilize the Snoezelen Room;

Contact Us

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Our Hours of Operation:
Monday - Friday 8:30am - 3:30pm
Closed from 12:00 - 12:30 for lunch



**NWT
Disabilities
Council**

Snoezelen Room



Who Uses Snoezelen?

People of all ages, from young children to the elderly, can benefit from the use of Snoezelen. It is used in many different settings some of which include nursing homes, schools, rehabilitation centres and hospitals, and has been used to help in the therapy of a wide variety of intellectual and physical disabilities as well as mental health.



What is Snoezelen?

Snoezelen comes from a Dutch term meaning to explore and relax. Snoezelen is a form of therapy that was first developed in the Netherlands in the 1970's. Its philosophy is simply to "improve the quality of life for people with disabilities and other limiting conditions." It is a controlled multisensory environment where the user can choose the experience that gives them the most pleasure. This is done through controlling the level of stimuli for each of the senses; Sight, sound, touch, smell, hearing, and movement can all be manipulated to meet individual needs.

What Can I Expect From The Use of Snoezelen?

Research has shown that with use of Snoezelen many clients:

- Experience improved rapport and relationships with others
- Develop a better understanding of sensory impairments and responses
- Experience changes in behaviour and learning ability
- Have better engagement
- Expanded opportunities outside Snoezelen
- Improved quality of life and sense of well being

Whether an individual is dealing with sensory deprivation or sensory overload, Snoezelen can help provide the right amount of stimulation to achieve an optimal