

SNOEZELLEN FOR THE PEOPLE WITH PARKINSON'S DISEASE

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Slovenia is a small snoezelen place

PIRAN





TRIGLAV 2864 mm

BLED





Dense forests

Snowy mountains

Beautiful waterfalls



LJUBLJANA



UNIVERSITY REHABILITATION INSTITUTE, REPUBLIC OF SLOVENIA - SOČA









WORKSHOP TRY TO...

- explain how to use the Snoezelen room for people with PD effectively
- describe experiences of said people
- experiences will be presented by means of case study involving an interview/test of my making with a person with PD's condition before, during and after the therapy
- you will also be able to try on yourselves, how to relax the muscular stiffness

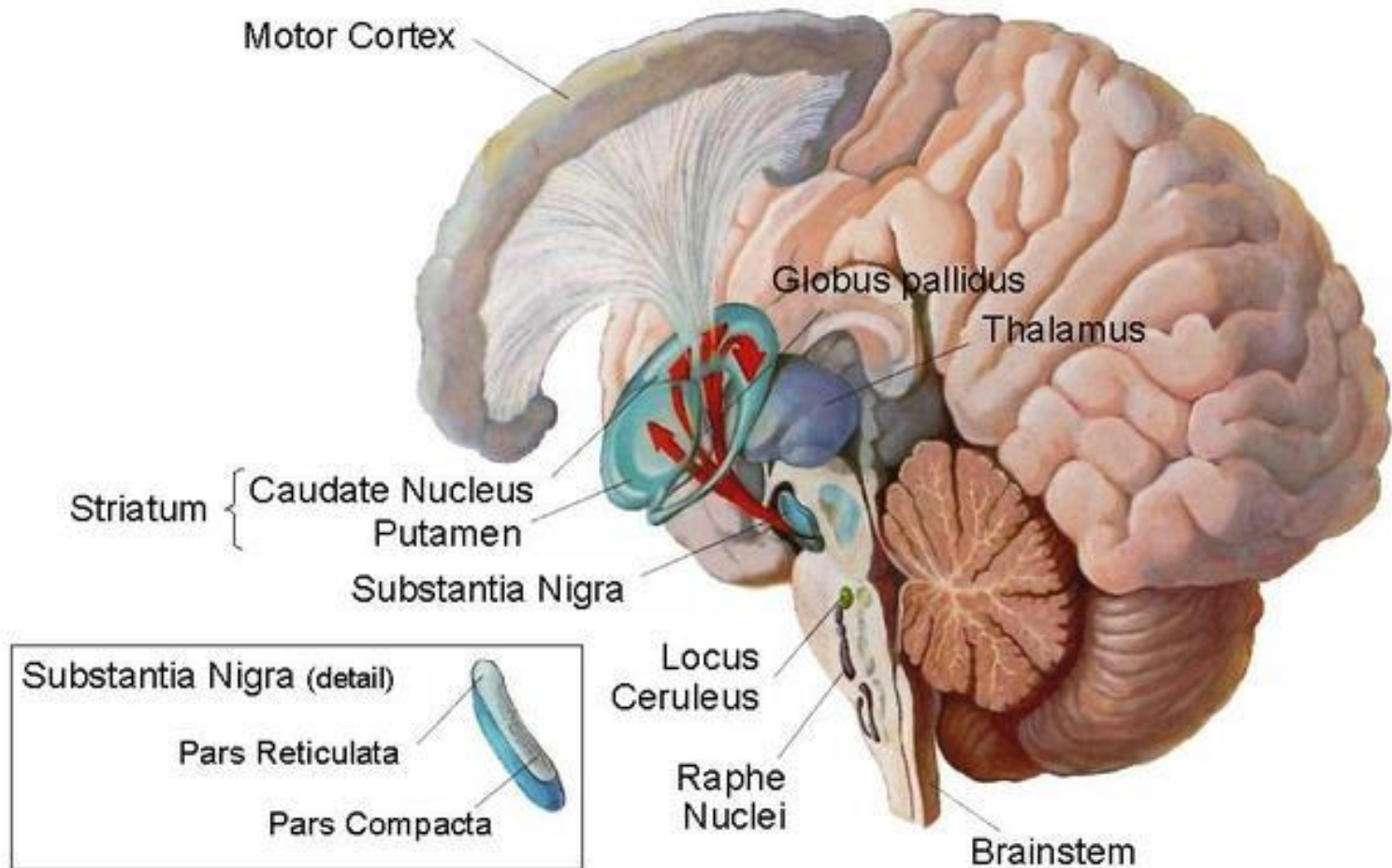
PARKINSON'S DISEASE



Parkinson's disease (PD) is a chronic and progressive disorder of the central nervous system which mainly affects a person's movements

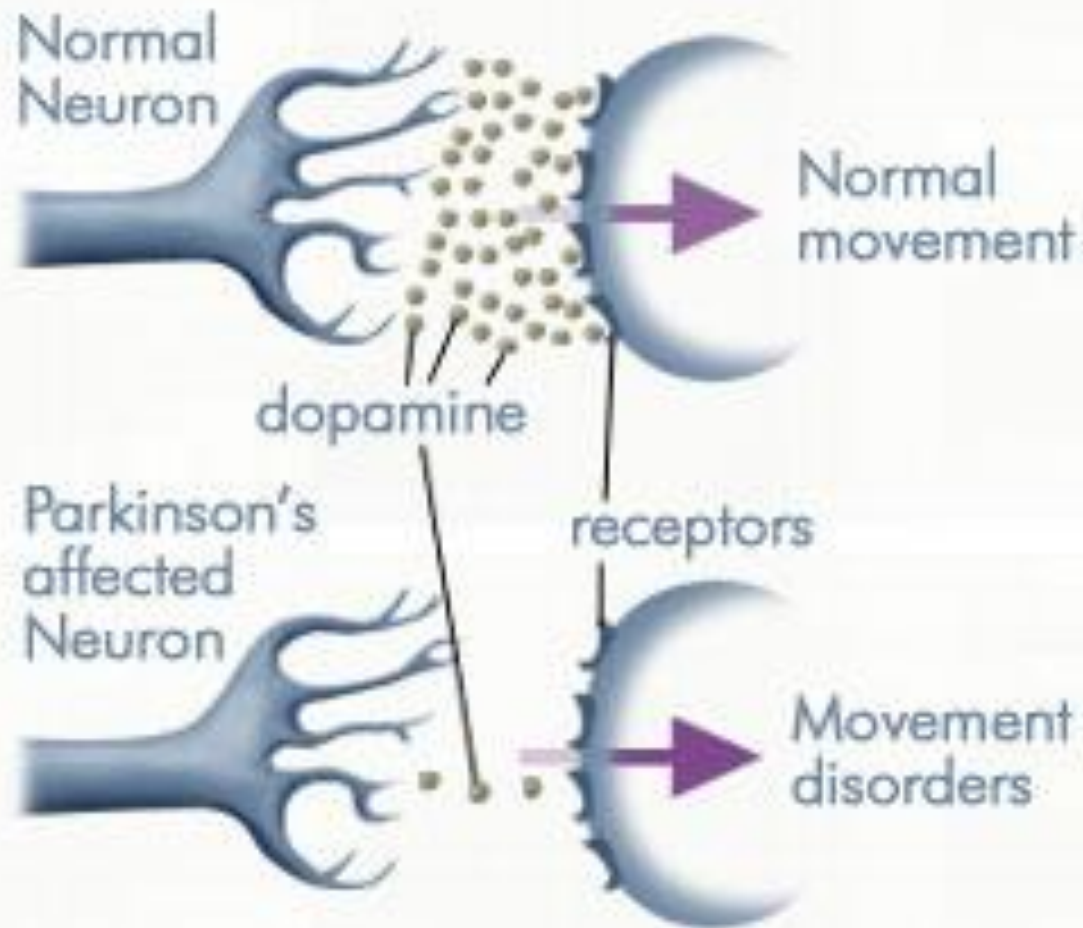
It happens when nerve cells in the brain don't produce enough of a brain chemical called dopamine → nerve cells cannot properly transmit messages

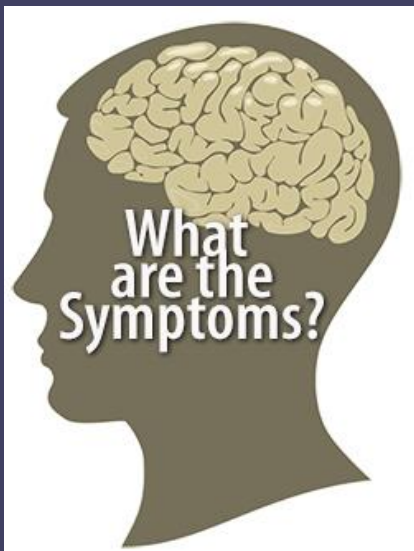
Brain Regions Affected by Parkinson's Disease



Parkinson's disease

Dopamine levels in a normal and a Parkinson's affected neuron.





- **motor symptoms**

- **non-motor symptoms**

emotional
problems

pain

behavioural
problems

thinking
difficulties

depression

fatigue

dementia

etc.

sleep
problems

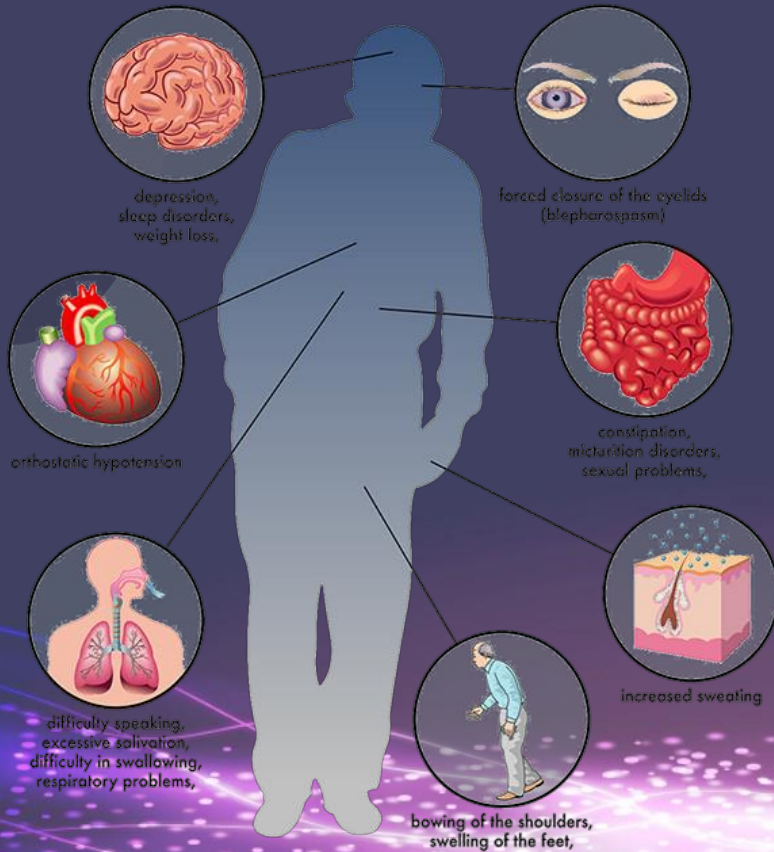
PD MOTOR / PHYSICAL SYMPTOMS

- tremor (shaking)
- slowness of movement (bradykinesia)
- rigidity (muscles stiffness)
- small range of movements (hypokinesia)
- freezing
- poor balance and coordination
- posture impairment
- loss of automatic movements
- speech and communication problems
- swallowing problems ...

SYMPTOMS

Parkinson's disease

non-motor disorders caused by Parkinson's disease



Blank facial expression

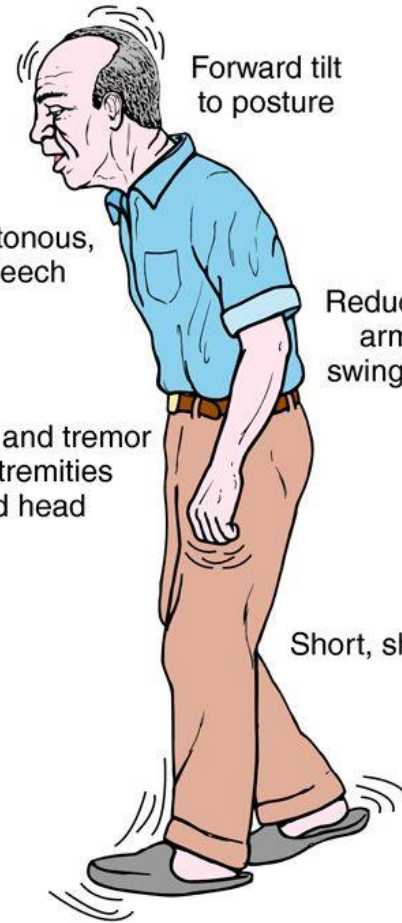
Forward tilt to posture

Slow, monotonous, slurred speech

Reduced arm swinging

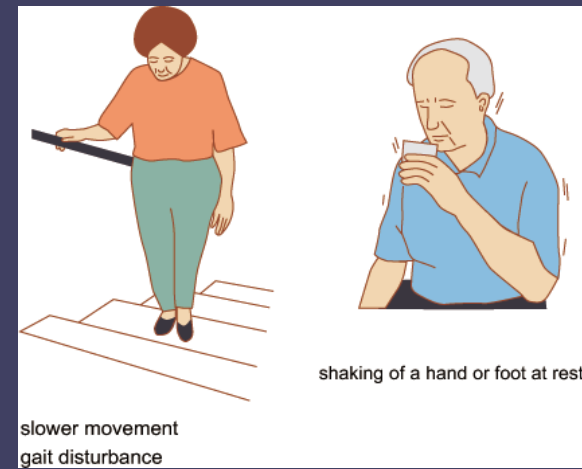
Rigidity and tremor of extremities and head

Short, shuffling gait



DIFFICULTIES

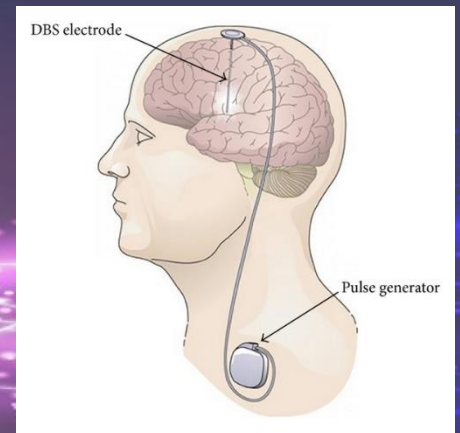
- turning around, getting out of chairs, turning over in bed etc.
- walking
- increased risk of falling
- talking
- carry out everyday activities
- completing other simple task as fastening a button, writing etc.
- making facial expressions more difficult...





TREATMENTS

- there is no cure for PD
- drug treatment is the main method used to control the symptoms of PD
- there are many different drugs prescribed for PD / to suit the individual
- surgery: deep brain stimulation (electrodes are implanted into the brain and connected to a pulse generator)









THERAPIES







the various treatment options helps, but no treatments or therapies have been scientifically proven to slow, stop or reverse the development of PD

- occupational therapy
- speech and language therapy
- physiotherapy
- dietary therapy
- complementary therapies

COMPLEMENTARY THERAPIES

		 Pain	 Relaxation	 Motor symptoms	 Mobility	 Speech	 Sense of wellbeing
21	Acupuncture	✓					✓
23	Alexander technique	✓	✓	✓	✓	✓	✓
25	Aromatherapy		✓				✓
27	Art therapy		✓				✓
29	Ayurveda						✓
30	Bowen technique	✓	✓	✓	✓		✓
32	Chiropractic	✓			✓		
34	Conductive education			✓	✓		
37	Dance therapy		✓	✓	✓		✓
39	Feldenkrais method	✓	✓	✓	✓		✓
41	Herbal medicine	✓					✓
43	Homeopathy						✓

COMPLEMENTARY THERAPIES

		 Pain	 Relaxation	 Motor symptoms	 Mobility	 Speech	 Sense of wellbeing
45	Kinesiology		✓				✓
47	Laughter therapy		✓				✓
48	Massage therapy	✓	✓	✓	✓		✓
50	Meditation and relaxation techniques		✓	✓	✓		✓
53	Music therapy		✓	✓	✓		✓
54	Osteopathy	✓			✓		
56	Pilates		✓		✓		✓
58	Reflexology		✓				✓
60	Reiki		✓				✓
63	Shiatsu				✓		✓
64	T'ai chi		✓	✓	✓		✓
67	Yoga therapy		✓	✓	✓		✓

SNOEZELEN

- Snoezelen room consists of a wide variety of modern technologic equipment designed to provide sensory stimulation
- the aims of Snoezelen are to provide a stimulating, fascinating and relaxing environment
- therapist need to have knowledge and empathy to patients

...

PATIENT M.P.

- he got ill in 2009
- diagnosed with PD in 2012
- tremor of the left hand
- muscle stiffness on the left side
- slow movements and small range of movements
- his posture is slightly stooped
- talking is slightly slurred, monotone, sometimes he mumbles
- handwriting is smaller...

M.P. said:

- I do not wish to use the word PARKINSON'S but BAD CONDITION. I am not denying my Illness by that! It is a fact that I feel mostly BAD, sometimes TERRIBLE.
- My wife and I spent most of our leisure time in nature doing sports. I was always in a good physical condition. First signs appeared in the hills. Falling on my back when walking downhill. Problems and accidents multiplied and affected my way of life.

M.P. said:

Rigidness, clumsiness of my body is like a disconnection. My mind wants, but my body is trapped and my brain block every movement. The Rigidness, this captivity, disappears when I manage to convince my brain.

But finding a way to convince my brain is each time a different adventure, but learning to perceive my senses helps a lot. I'm trying to acknowledge this clumsiness as my teacher.

M.P. said:

- **relaxation was a big issue before the therapy.** Inner disquiet was part of my mood, sometimes forcing me into partial “disconnection”. A state in which nothing was missing (for me), I felt relaxed and disconnected. However, these were terrible moments for my surroundings.

I felt I needed guidance and help with relaxation and stretching – I hate being so rigid

TEST OF WELL-BEING IN THE SNOEZELLEN ROOM

NAME, SURNAME:

DIAGNOSIS:

DATE OF THERAPY:

HOUR:

COMMENTS:

1. **GOAL:**
2. **WELL-BEING BEFORE THE THERAPY:**
3. **BEHAVIOUR BEFORE THERAPY:**
4. **LIGHT EFFECTS:**
5. **MUSIC:**
6. **WATER BED:**
7. **TOUCHING / SENSATIONS:**
8. **SMELL:**
9. **TASTE:**
10. **COMPANY (FRIENDS):**
11. **WELL-BEING DURING THERAPY:**
12. **BEHAVIOUR DURING THERAPY**

13. WELL-BEING AFTER THERAPY:

14. BEHAVIOUR AFTER THERAPY:

15. PATIENT'S OPINION:

16. THERAPIST'S OPINION:

BEHAVIOUR BEFORE THERAPY

I did not know the “SNOEZELEN” therapy. When Mrs. Povše first recommended the room with various effects, I had hoped, that it will be something new for me, something relaxing.

LIGHT EFFECTS

I read a lot about many researches concerning light effects. Decantation of colour shades and the altering frequency affects subconscious and calms the inner disquiet. I think that envious results with various samples could be achieved in my case as well.

MUSIC

Sound effects, especially music was a major factor in reaching my relaxed state. It's interesting how the combination of light effects and water wall calmly affects me. The bubbles become annoying once the music stops.

I am sure that in order to achieve the perfect relaxation (Balance of all effects) a great knowledge and foremost the cooperation between patient and therapist is needed.

WATER BED

I was a bit sceptical about the water bed, mostly I had second thoughts about the water heating.

After the first exercises, I comprehended the point of the soft wavy surface. With the help of some exercises I began to be aware of muscles unknown to me which was an amazing feeling.

New realisation and extensiveness made me hardly wait for the next therapy.



FEELING – TOUCHING

Bad welfare first appeared 10 or 15 years ago. I was scared of touching. *I was listening constantly to “relax” – and me becoming „tighter and tighter”.*

Mrs. Povše never used the word “RELAX”. She relaxed my muscles by using comforting words and gentle touching. All this was very relaxing. The muscles become soft and they are not contracted anymore.

Exercise led my body into a state of calmness.

COMPANY

I cannot imagine group work in this room. Guided therapy must be made individually.

WELL-BEING DURING THERAPY

It is hard to describe something that fulfils body and soul. I could hardly wait for the next day.

BEHAVIOUR AFTER THE THERAPY

Bad welfare is extremely bothering. I am becoming aware of its weaknesses and feebleness, yet I am realizing there are ways of defending myself.

When I was in the room for the first time I could not believe that “lying” on a water bed can cause such physical and mental tiredness.

I felt pleasantly relaxed in spite of this tiredness (like when you get back home from hiking, exhausted, but satisfied).

PATIENT'S OPINION

I believe that the therapy in the snoezelen room helped me to open up and become more open for the therapies in which I did not believe before. Therapies that would invoke in me a whole pile of doubts and discomfort.

Rehabilitation confirmed that only the correct approach and cooperation of the patient can give good results.

PATIENT'S OPINION

I am one of the lucky ones, for I was able to attend the therapy in the room "SNOEZELEN". With hard work the battle with bad welfare finally lead to my way. Enthusiasm and Mrs. Povše's desire to help me permits no melancholy, but it gives energy to train and stretch at home as well.

Her decision alone, to appoint a trainee who occupied herself solely with me, was the basis of my progress and preparation for the room "SNOEZELEN".

PATIENT'S OPINION

THE ROOM HAS AN INCREDIBLE POWER, offering help to anyone willing to accept it.

The most important is trust between the therapist and the patient. It is hard to imagine to receive such therapies with its effects from a therapist I would not know.

All results and achievements are and will be my motto to sustain healthy life.

exercise can make you more
happy and relaxed.



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HVALA

THANK YOU