



Multisensory Health™ & Sound for Health™

Residential, aged care and adult long term care services 2010 training program

FutureAge Care

Operating since 2005, FutureAge Care is a Christian-based organisation providing a range of services for residential aged care and adult healthcare providers. Services include multisensory enrichment programs and wellbeing activities for high care client needs, pastoral care, consultancy and training solutions for healthcare staff.

FutureAge Care provides regular contract and occasional services to government, charitable and private healthcare organisations. Clients include Alzheimer's Australia, TAFE (Nursing Studies), Uniting Care Ageing, the INsite aged care newspaper, the Royal Rehabilitation Centre Sydney and Lighthouse Health Group.

Our therapies are designed to optimise a range of benefits and experiences for clients, such as human connection and comfort, relaxation, pain intervention, sensory enrichment and to help alleviate depression and long-term isolation.

Enrichment to the senses - supporting health and wellbeing through therapeutic multisensory treatments

Sound for Health™ is a unique healthcare therapy created by FutureAgeCare, Sydney. This therapy is centred on the application of therapeutic sound, audio effects and music to help enhance a client's wellbeing and provide meaningful life engagement. FutureAge Care provides Sound for Health™ programs for a range of clients with unique needs, such as traumatic brain injury, adults with a multiple disability diagnosis and advanced dementia.

Sound for Health™ utilises sounds, frequencies, timbre, music, vibration and rhythm as a 30-minute person centred therapy.

Therapies are responsive to the client's current needs rather than a set program that is pre-planned prior to the visit. Sound for Health™ treatments can be held at the bedside, in a quiet area or sensory room and are sensitive to the immediate environment and any organisational requirements. Sound for Health™ treatments include a written post-evaluation. The therapy can be held regularly or as an occasional healthcare treat for the client. Treatments can also be provided to explore a client's cognitive responses, with written consultancy provided post-therapy.

Multisensory Health™ is a sensory enrichment therapy that incorporates the basic elements of Sound for Health™, plus the application of sensory aids and stimuli for a full multisensory therapy experience. This program is suitable for therapeutic interaction with clients with very low-level responses, advanced dementia, adults with very high care needs and palliative care. This therapy can assist with sensory deprivation and social isolation, helping to increase the body's exposure and potential responses to healthy sensory input and guided engagement with the therapist.

Both therapies are designed to be mobile and conducted within a quiet area, bedside, or sensory room for eg.

Training Dates: TBA and by appointment. Some off-site training dates in Sydney will become available during 2010 and training is also available at your facility.

Contact Jennifer Freeman – Consultant Therapist and Trainer, FutureAge Care:

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Sensory enrichment is vital for those living in long-term care, for clients with lower level responses and very high care needs. Stimulating the senses can assist with cognition, orientation, communication and healthy life engagement.

FutureAge Care provides Sound for Health™ and Multisensory Health™ therapies to a range of clients with specific needs:

Traumatic brain injury
Adults with multiple disabilities
Advanced dementia
Chronic pain
Depression
Sensory deprived
Palliative care

- Contact us today to discuss how we can help you.

- Training in these and are other healthcare programs is also available during 2010.



Multisensory Health™ & Sound for Health™



Multisensory Health™ and Sound for Health™ training solutions are designed for Diversional Therapists and other Allied Health Professionals, including those with experience or an interest in multisensory enrichment, sensory rooms (Snoezelen®) or complementary therapies.

Participants will learn about sensory deprivation and other effects of long-term exposure to sterile environments and facility living. Techniques studied include the benefits and application of multisensory enrichment, therapeutic touch, coma technique, guided visualization, pain intervention and other therapeutic concepts to support wellbeing and life engagement for those living in a high care residential facility (both adult and aged care living).

These two courses focus on relevant health and medical education and practical training. The courses do not relate directly to any specific natural therapy modalities and they focus on being carried out within a supported medical healthcare environment by therapists who become fully trained through FutureAge Care.

Areas of client support:

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|----------------------|---------------------------|
| Wellbeing | Depression |
| Relaxation | Palliative Care |
| Pain intervention | Illness |
| Sensory Deprivation | Long term hospitalisation |
| Anxiety intervention | |

