



Multisensory Health™ & Sound for Health™

Residential, aged care and adult long term care services

FutureAge Care

Operating since 2005, FutureAge Care is a Christian-based organisation providing a range of services for residential aged care and healthcare providers. Our focus is recreational health programs for aged care and adult healthcare consumers. Services include multisensory enrichment programs and wellbeing activities for high care client needs, pastoral care, consultancy and training for healthcare staff. FutureAge Care provides contracted and occasional services to government, charitable and private organisations. Clients include Alzheimer's Australia, TAFE (Nursing Studies), Uniting Care Ageing, INsite Newspaper, the Royal Rehabilitation Centre Sydney and Lighthouse Health Group

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

Sound for Health™ is a unique healthcare therapy created by FutureAgeCare, Sydney. This therapy is centred around the application of therapeutic sound, audio effects and music to help enhance a client's wellbeing and provide meaningful life engagement. Our trained Consultant Therapist provides Sound for Health™ programs for a range of clients and their 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. Equipment used may include tuning forks, guitar, vocals, windchimes, handcrafted light instruments and backing ambient and nature sound effects from portable small speaker system/i-pod.

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 your environment and organisational requirements. Sound for health™ treatments include a written post-evaluation. The therapy can be held regularly or as an occasional healthcare treat for your client. Treatments can also be provided to explore your client's cognitive responses for you, with written consultancy provided post-therapy.

Multisensory Health™ is a sensory enrichment therapy that incorporates sound, tactile items, visual interest and gentle aromas (optional). This program is suitable for stimulation and interaction with clients with very low-level responses, advanced dementia, adults with very high care needs, or for 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. Equipment used may include tactile stimuli, use of colour, therapeutic lights, sensory aids and touch.

Wellbeing
Relaxation
Pain intervention

Depression
Palliative Care
Illness

Sensory Deprivation
Long term hospitalisation
Anxiety intervention

Both therapies are mobile and can be conducted within a quiet area, bedside, or sensory room for eg. Prices start at \$30 p/30 min session* – min 1.5 hours booking & additional travel charge may occur subject to location. Trial sessions available.

Contact Jennifer Freeman – Consultant Therapist, 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 other healthcare programs is also available.



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