

Sensory Room Project Proposal

Presented by Stephanie Quon



What is a sensory room?



Image credit: www.snoezelen.info

Project Goals

- Open a fully-equipped sensory room in the Life building at UBC
- Centre neurodiverse, disabled, and autistic folks in the development of the space
- Provide an inclusive and accessible space for individuals to self-regulate



Project Benefits

- Provides a place for people to self-regulate in an overwhelming environment
- Can improve focus and reduce stress in a safe way
- Centres neurodiverse, disabled, and autistic folks and creates a space they can use on their own terms



Project Risks

- Project does not remove the systemic barriers that neurodiverse, disabled, and autistic folks face
- Crucial to continuously engage neurodiverse, disabled, and autistic folks, and provide compensation for their expertise
- Potential challenges with controlling access and use of the space



Project Costs and Funding

- Employment and Social Development Canada
Enabling Accessibility Fund - equipment (\$9964)
- AMS Innovative Projects Fund Grant - consultations,
promotion, and equipment (\$1500)

Projected Timeline



Project Consultations

- Interviewed 12 neurodiverse, disabled, and/or autistic folks and 2 clinicians with experience with facilitating sensory rooms
- A variety of stakeholders were contacted, including:
 - Autistics United Canada
 - SFU Autistics United
 - UBC Disabilities United Club
 - UBC Centre for Accessibility
 - UBC Occupational Therapy
 - UBC Sensory Perception & Interaction Research Group

Common Themes



Accessibility

“Having a sensory room at UBC would make me feel like there is a space for me if I chose to attend university.”



Community

“This would be a great opportunity for the disabled, neurodiverse, and autistic community to come together.”



Support

“I often feel very overstimulated at school, so a sensory room would be very helpful for sensory regulation.”



Items to Purchase

Interactive sensory panels

Floor padding

Bean bag chairs

Rocking chairs

Light projectors with filters

Bubble lamps

Fibre optic lighting

Colouring books

Pencil crayons and markers

Stim toys

Noise cancelling headphones

Trampoline

Foam pit

Busy board

Backpack cubbies

Wiggle chairs

Weighted balls

Nature mural

Suspended swing

Ear plugs

Pillows

Warm lights

Knitting tools

Ball chamber/pit

Sleeping masks

Breathing exercise sheets

Water bed

Weighted blanket

Aquarium with real fish

Aquarium with plastic fish

Crash pads

Squishy mats

Tapestries

Soundbox

Hammock

Plants

Textured walls

Hanging canopy

Books

Lego

Sensory swing

Small slide

Sensory tent

Slime

Stuffed animals

Tissue Boxes

Yoga balls

Accessibility and Access

- Wheelchair accessibility, braille signage, trauma-informed guidelines, and a monitored feedback box
- Open space to all, as a booking system may create barriers and various students can benefit from the space
- Detailed COVID-19 guidelines will be developed

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