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

SUMMER 2021
Consultations and project planning

FALL 2021
Budget creation and room design

WINTER 2022
Building and assembling the space

SPRING 2022
Opening and promotion of the space
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
Thank you!

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Autistics United Canada
UBC Disabilities United Club
UBC Occupational Therapy
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