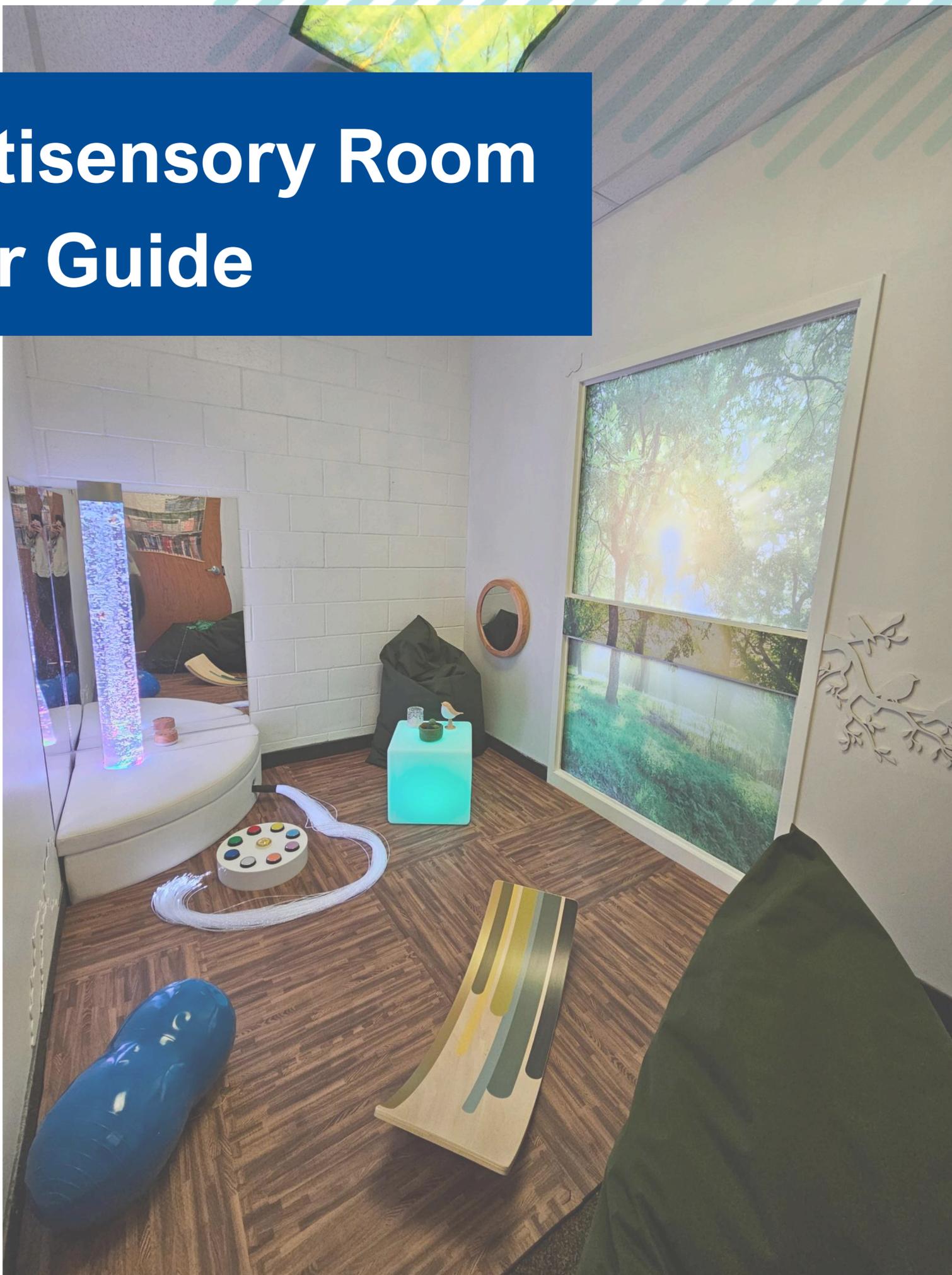


# Multisensory Room User Guide



Oakville  
Public  
Library

# Resource List

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## Appendix: Controls

# Bubble Tube & Fibre Optic Tail

The 'calming corner' bubble tube and fibre optic tail combination provides ambient noise, vibrations, and mesmerizing visuals.

## Key Sensory Benefits:

- Bubbles support visual stimulation, eye tracking and attention
- Vibrations provide tactile and proprioceptive input
- Colour changing functions support emotional regulation, changing the tone of the room
  - Reduces stress, anxious feelings
- Rainbow button wheel supports cause-and-effect learning



# Bubble Tube & Fibre Optic Tail (cont.)

## Usage:

- Visitors can watch the bubbles, either directly or indirectly through the mirrors
- Users can rest on the base or gently press their face to the tube in order to feel the vibration
- Users can play with or drape the fibre optic tail over themselves, surrounding themselves with light
- When the fibre optic tail is connected, the colour in the bubble tube and tail can be controlled simultaneously using either the remote or rainbow wheel:
  - Remote: Allows users to explore different stimulating or soothing pattern functions, as well as changing the colour
  - Rainbow button wheel: Satisfying exploration of cause and effect\*

**\*Please note the rainbow wheel will not work without the fibre optic tail attached.**



# Infinity Mirror

The infinity mirror provides soothing visual stimulation that is stable or dynamic, per user preference, offering alternative views of other resources that can be less overwhelming and more accessible for some visitors.

## Key Sensory Benefits:

- Provides visual stimulation through repetition and sense of depth
- Encourages curiosity and focused interaction
- Offers a gentler, alternative view of the calming corner

## Usage:

- Infinity effect can be turned on or shut down by gently pressing the touch activated power button at the bottom of the frame
- Users can observe themselves, watch the bubble tube, or hold up objects



power button,  
marked in grey

# Weighted Frog

The weighted frog (2.5kg) is a friendly helper, providing comfort and encouraging relaxation. Gentle lycra fabric with a subtle glimmer provides a soft texture with pleasing visual stimulation. The microbead filling conforms to the body, providing even pressure wherever placed. It is the only weighted toy recognized by the Canadian Association for Occupational Therapists.

## Key Sensory Benefits:

- Provides deep pressure stimulation
- Reduces feelings of anxiety and agitation
- Improves focus and concentration

## Usage:

- Can be placed on the lap, shoulders, or chest.
- 15-20 minute sessions are recommended, providing up to 1 to 2 hours of benefit.

\*For users aged 3+ only.



Hi! I am  
Ribbert!

# Glow Cube

The plastic glow cube is equipped with colour-changing LED lights and allows for multiple avenues of sensory play and activities.

## Key Sensory Benefits:

- Light controls can offer either slow and soothing or pulsing patterns for more stimulating visuals
- Controls offer cause and effect practice

## Usage:

- Users can use the slow light pattern function as a guide for deep breathing
- Light rocks or worry stones can be placed on the cube to play with shadows and create patterns
- Cube can be used as a seat or place to drape, offering mild proprioceptive input

Not for standing. 250 pd weight limit.





# Sound Machine

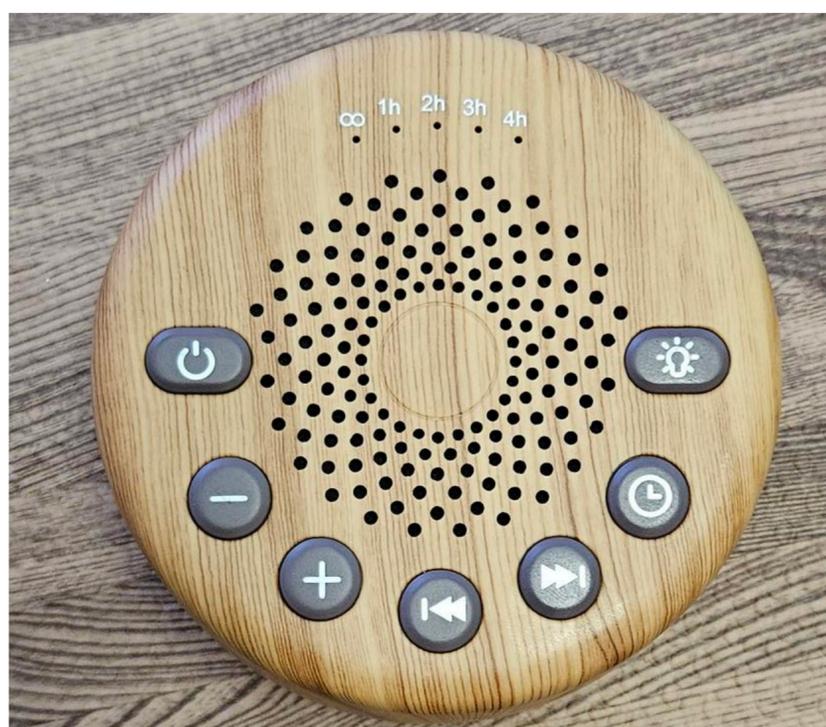
The wood-patterned sound machine offers a wide variety of nature options, such as bird song, rain, a campfire, or a small stream. There are also musical options, plain white noise, or fan patterns for visitors comforted by repetition. It doubles as an additional light feature.

## Key Sensory Benefits:

- Visitors can choose a setting which is soothing or simply pleasing, enhancing their immersion in the room and offering a fuller range of control over their sensory input

## Usage:

- Volume control, several timer options (starting with 60 minutes), and sound setting selection are all visible at the top of the machine



# Balance Board

The thin but sturdy birch wood board provides a variety of functions, such as a rocking tool, a bridge, or a slide for small objects.

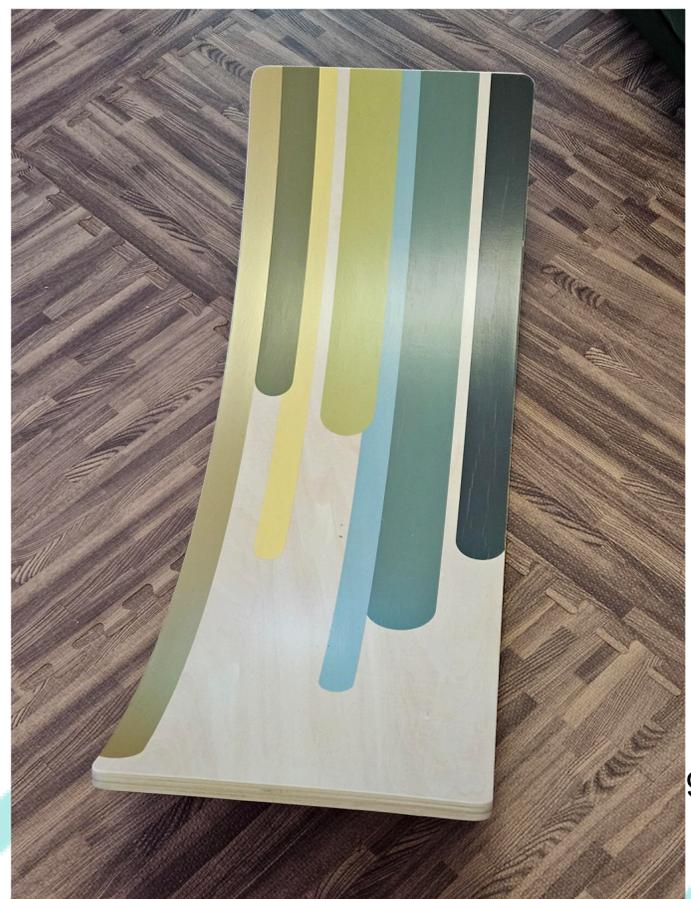
## Key Sensory Benefits:

- Stimulates vestibular sense by encouraging balancing skills
- Movement likewise strengthens gross motor skills and proprioceptive sense by promoting overall bodily awareness

## Usage:

- Users can stand, sit, or lie in the curve, rocking gently
- Board can also be used as a vehicle for smaller toys, allowing the user to play with motion

Maximum weight 330 pds.



# Colour-Change Clouds

Small lights tucked behind textural clouds add an additional whimsical and interactive component to the room.

## Key Sensory Benefits:

- Visual can be calming or stimulating, depending on the selected light pattern and colours
- Increased autonomy and control over the space

## Usage:

- Controls can be used to set all three lights to the same colour or to activate a colour-changing pattern that slowly shifts between hues, creating a very relaxing visual effect



# Time Timer

Time Timer provides visual and auditory tracking for activities, games, or appointment time. It can be set for the full appointment length or for a shorter period of time to assist with transitioning out of the room.

## Key Sensory Benefits:

- Assists visitors with differing levels of time blindness
- Reduces anxiety by providing predictability, allowing the visitor to focus on sensory exploration

## Usage:

- Gently twist the wheel to set the timer
- Volume can be lowered or muted per user preference



# Hearing Protection

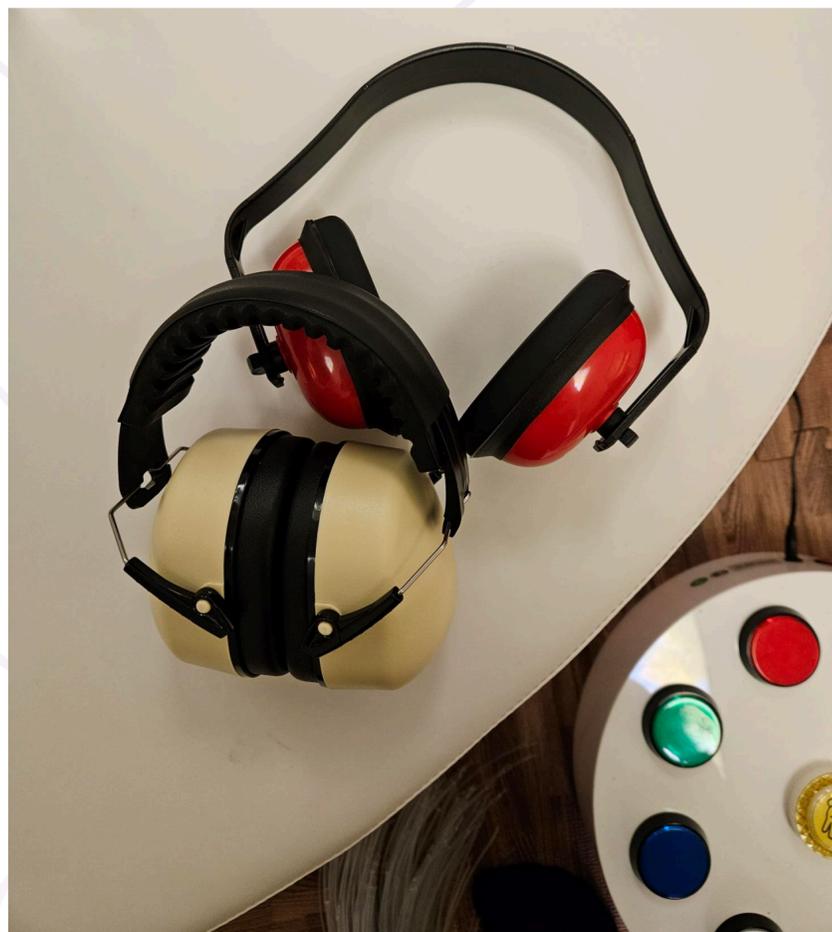
**Hearing protection in the form of ear muffs (please note they are not headphones) is provided for users who would feel more comfortable with reduced noise. Child and teen/adult sizes are both available in the room.**

## **Key Sensory Benefits:**

- **Minimizes loud sounds for users, reducing feelings of overwhelm and sensory overload**

## **Usage:**

- **Visitors can wear them for the duration of the visit or as they see fit**
- **Both pairs are adjustable (please see staff for assistance if needed)**



# Light Projector

The light projector is an element that effects the emotional tone of the entire room, offering the user greater control over their environment.

## Key Sensory Benefits:

- **Contributes to relaxation and ability to self-regulate**

## Usage:

- **Visitors can select their preferred colour and light pattern, affecting the room's atmosphere**
- **Setting can be selected to complement the noise machine (ex. blue mimicking ocean waves, yellow reminiscent of sunlight), making for a more immersive visit**



# Peanut Ball

The peanut ball is a popular sensory tool designed to help with balance and gross motor control. It can be used for play, exercise, or to assist with excess energy and self-regulating.

## Key Sensory Benefits:

- **Sitting or rocking on the peanut ball activates the vestibular sense, building balance and posture**
- **Rolling on the peanut ball on your stomach can provide a relaxing deep pressure massage**

## Usage:

- **Visitors can sit, roll over, or rock on the peanut ball, providing a predictable bounce or back-and-forth motion**
- **Sitting on the peanut ball can assist with user's ability to focus on other activities**



# Scent Holders

Small and easy to open, these special acrylic tubes are used to house natural, calming scents for visitors, offering another pathway for sensory stimulation.

## Key Sensory Benefits:

- Stimulating the olfactory sense (smell) can reduce tension and promote feelings of calm and happiness

## Usage:

- Pop the lid and inhale slowly, through the nose, a few inches above the rim of the tube.
- Replace lids when not in use.

**Please do not empty contents.**



# Bean Bag Chairs

**Made with waterproof fabric and high-density microbeads, the junior- and adult-sized bean bag chairs create cozy and inviting seating, offering support as well as comfort.**

## **Key Sensory Benefits:**

- **Deep pressure input promotes bodily awareness, a feeling of being enclosed ('hugged') and safe**
- **Offers a more accessible seating option for visitors with a wider range of physical needs**

## **Usage:**

- **Users can sit in the bean bag between the calming corner and infinity mirror, offering the perfect vantage point for enjoying both**
- **Visitors can also use both bean bags simultaneously for more deep pressure input**

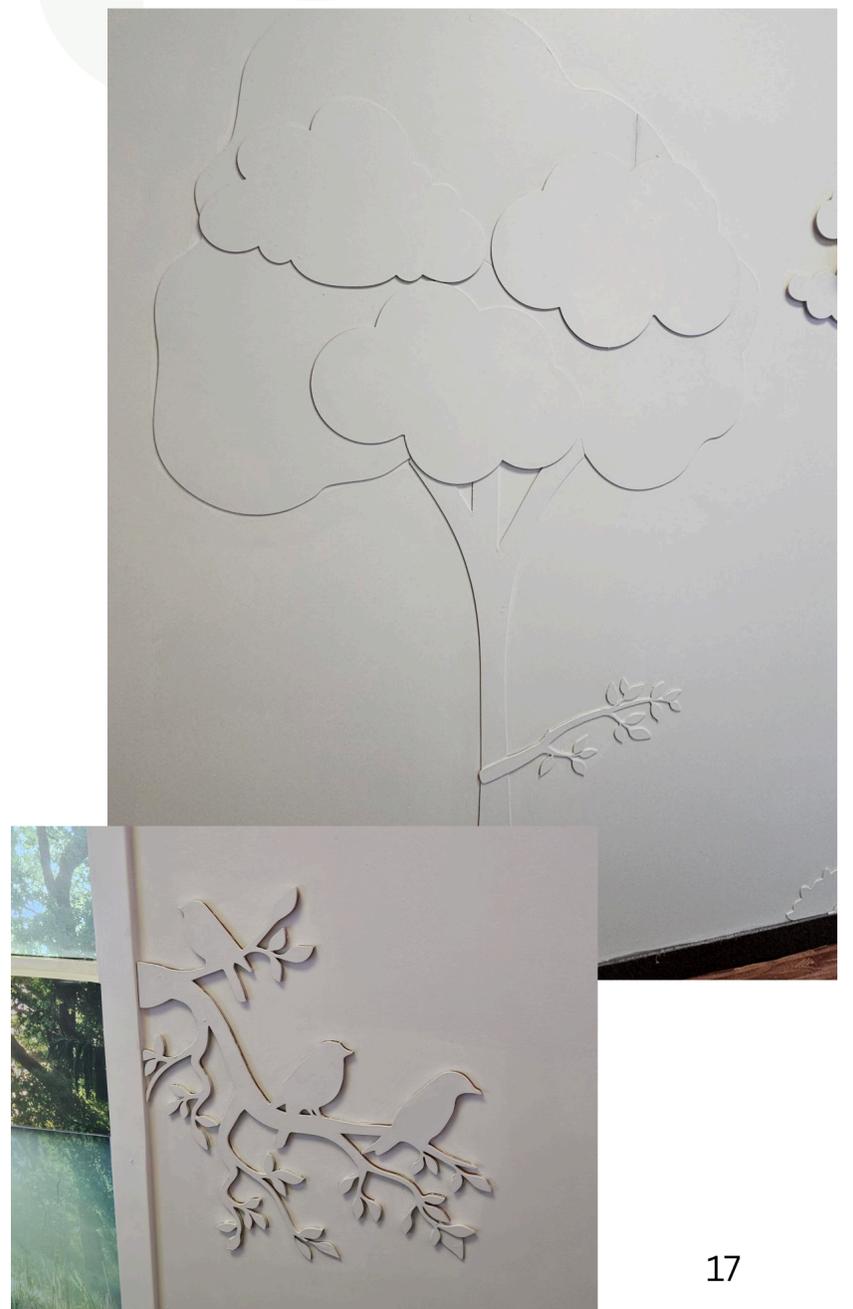
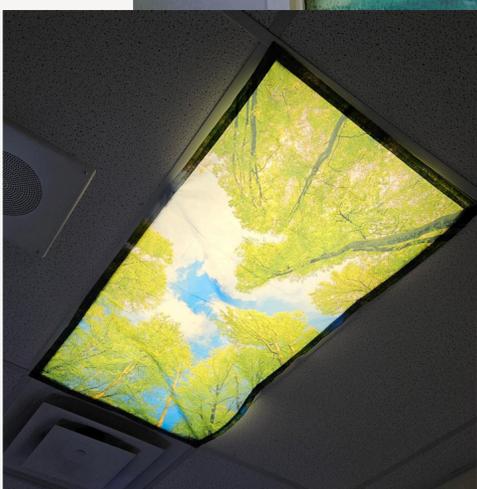
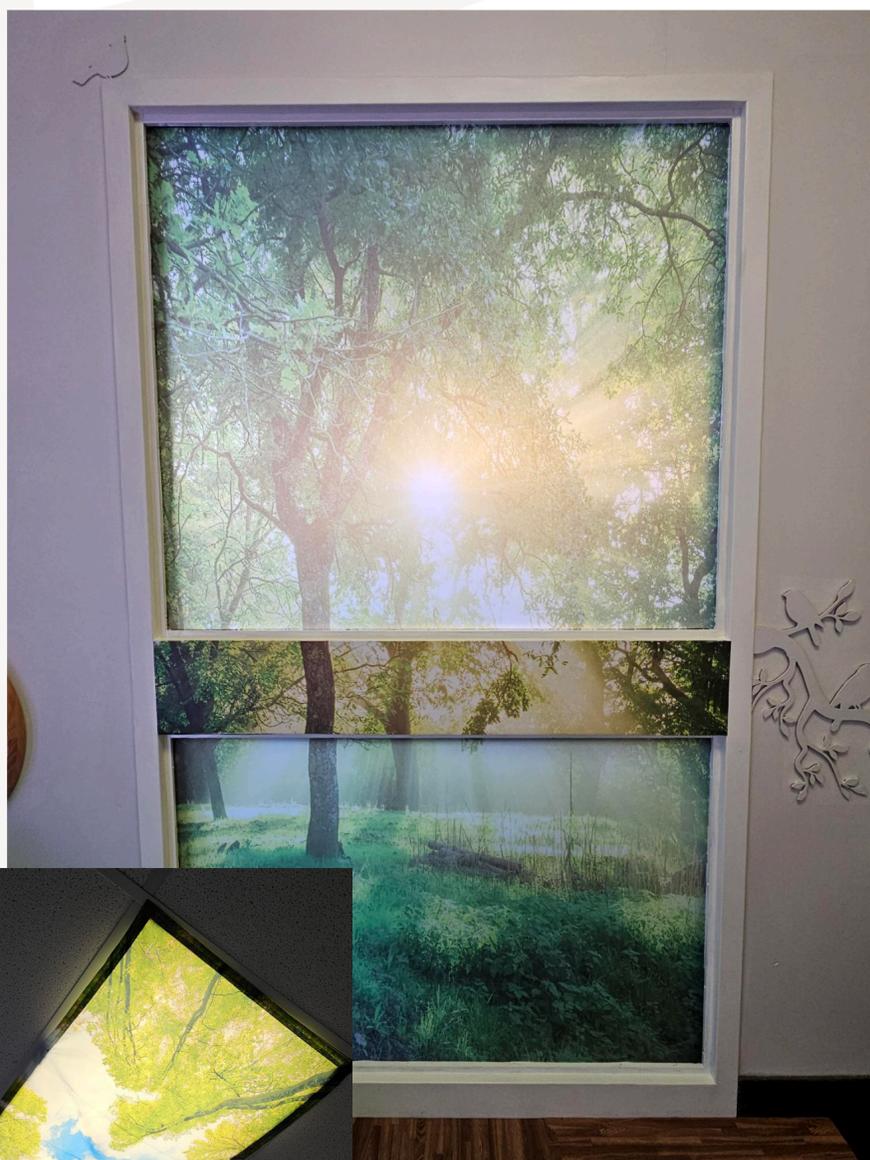


# Textured Wall + Light Features

**Additional sensory-friendly details in the room's design include the light treatments and textured wall elements, the latter of which provides an interactive piece.**

## **Key Sensory Benefits:**

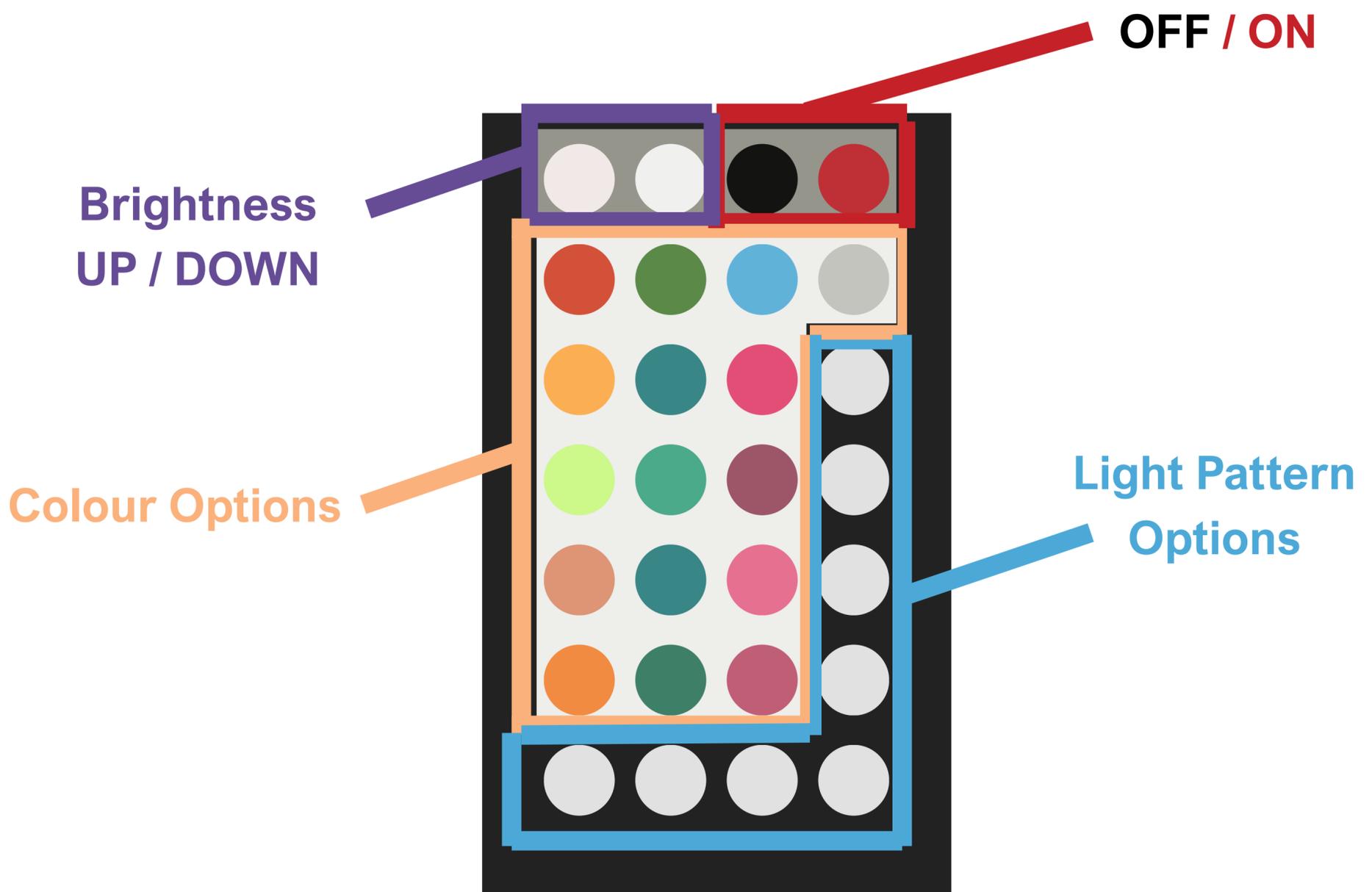
- **Forest window film softens harsh outside light, creating a natural and immersive calm**
- **Tree canopy window fabric dims the fluorescent bulb**
- **Wood panels encourage mindful touching with tactile exploration**



# Appendix: Controls

All remote controls in the sensory room are labelled for the resource they are paired with. While some remotes are formatted with slight differences, most have colour, brightness, and function buttons as outlined below.

ex. pictured - bubble tube remote diagram



Other more specific controls (locations of unique power and volume buttons) are detailed on their respective resource pages. Please approach staff for guidance if needed at any point during your visit; we are here and happy to help.