

Case Study III

„Support of the Snoezelen concept
and its integration into university
education“

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Erasmus+

Case Description I



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- this is a woman aged 46 with Down syndrome
- is a user of services in a home for people with health disabilities

family history:

- only the mother lives in the city, where she lives in the city where the home for people with health disabilities
 - is, she is in daily telephone or personal contact with her daughter
 - a woman and her mother often go on trips
 - after her father's death, her mother found a new life partner
 - the woman has two sisters
 - she has a very good relationship with all members of her immediate and extended family
 - the family has established certain common rituals and the woman bears very badly if there are any changes
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Case Description II



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personal history:

- she was born as the third child in a family
 - from the age of three she was placed in a home for people with health disabilities, which provided social services to children and young people up to the age of 26
 - at the age of 18 she moved to another home for people with health disabilities, in which she still lives today
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- ICD-10 Q90, F71 Down syndrome with mental level in the area of moderate intellectual disability
 - of associated health problems she suffers from hypertension, eye defects and also has orthopedic problems, which is complicated by her overweight
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Education, Communication, Involvement in Home for People with Health Disabilities I



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- participates in a singing and drama group within the leisure activities offered to the users of the home for people with health disabilities
- performed in the theatrical performance „About Snow White“
- goes on tours, previously she also took part in residential tours, currently she only participates in one-day trips due to her deteriorating health
- regularly undergoes occupational therapy, where he has a permanent job and a task
- participated, for example, in cutting textile residues, which are then used as pillow fillings
- until February 2016, the woman lived directly in the facility in a double room

Education, Communication, Involvement in Home for People with Health Disabilities II



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- since February she has also moved with her then roommate and friend to a newly opened apartment of sheltered housing
 - sheltered housing assistant provides support for users living in these flats
 - in a new apartment a woman likes to rest, but also likes to do minor household chores, such as cleaning and preparing meals together with an assistant and roommate
 - she wishes to live with her mother in the future
 - talks about moving into a renovated house together and going for walks or trips together
 - the woman's self-esteem was curtailed and her mother was appointed guardian
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Course of Stay in Snoezelen I

- in the opening hours, the woman tried out the individual zones in the room to choose the most suitable, uncomfortable and safest place for herself
 - lets visual stimuli and uses the room for its relaxation
 - right during her first stay in a multisensory environment, she was most interested in the so-called starry sky
 - a woman loves to come to the Snoezelen room, the activities in it have been attended since its opening in the facility
 - is one of the users who manage to stay in Snoezelen even during group activities
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Course of Stay in Snoezelen II



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- sometimes, however, he completes an individual stay
 - she is always looking forward to therapy and comes in a good mood
 - she likes red and yellow
 - when leaving Snoezelen, she always expressed regret that the activities were over and at the same time assured the therapist that she was looking forward to the next
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Conclusion



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- staying in Snoezelen has a positive effect on a woman, helps her to overcome timidity or cope with stressful situations that she does not tolerate
 - relaxation is good also due to its emotional lability
 - a woman has been diagnosed with an improvement in motor function
 - the greatest progress is evident in the field of communication; the woman communicates better with other users of the home and also with its employees
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