Abstract of presentation by Jo Bittner
Title: Snoezelen Room

The Polk County DAC serves eighty-five adults with physical and cognitive challenges. We are in the beginning stages of introducing a “Snoezelen Room” to our participants. It is our intention to increase our success of teaching by encouraging relaxation and exploration. Snoezelen is derived from the Dutch words “snufflen (to search, seek out, and explore) and doeselen (to relax). Snoezelen is a multi-functional concept around which will create a room to stimulate all the senses. Researchers report that well-chosen stimuli promote development, improve their capability to communicate and positively affect their behavior, leading to improved quality of life.