

A Sense of Calm DVD

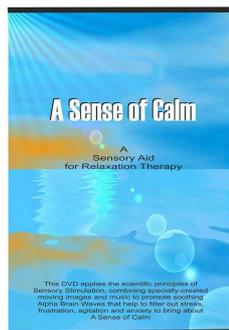
Code: ASOC-DVD

Price: £32.50 incl. VAT

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VAT Relief Eligible: No

Delivery: £3.95 incl. VAT per order



A Sense of Calm DVD works by imitating the principles of sensory rooms, using gentle images & music this DVD can help relieve stress, anxiety and frustration.

A Sense of Calm is used by occupational therapists across the UK & can be useful for many different individuals:

- Effective calming method for people with Alzheimer's & dementia
- Relaxation sensory therapy for people with Autism, ADHD, Down's syndrome & other learning difficulties
- Can also help reduce anxiety & stress in any individuals, including carers

Positive Sensory Experience

This DVD helps calm individuals by providing a positive sensory experience. Many of our daily sensory experiences aren't calming; think of loud traffic, argumentative work colleagues, and the general dull view of city life.

The 'A Sense of Calm DVD' shows **non-memory** provoking images & music, this is important as it means that no negative memories or thoughts are triggered by the DVD.

This contrasts with normal television where there are many audio/visual cues that can either trigger negative memories or can cause new emotions such as anger or sadness.

Alpha Brainwaves

The tempo, colours, and music in this DVD have been researched & tested to be effective at promoting alpha brainwaves.

Alpha brainwaves are used when the body & mind are awake but in a state of relaxation. Alpha brainwaves separate the mind from goal-orientated tasks & simply allows the mind to unfocus.

Alpha brainwaves have had a long history of being in a state of calm, and people who practice stereotypically relaxing activities have an increased level of alpha wave activity; such as yoga or meditation.

Alzheimer's & dementia

People with Alzheimer's or dementia have a much lower sensory threshold than the average individual. This can lead them to be stressed, upset, or even violent when experiencing sensory overload.

One of the main causes is due to the innate human fear of the unknown, people with Alzheimer's & dementia live constantly surrounded by potentially confusing audio & visual sensory stimulation:

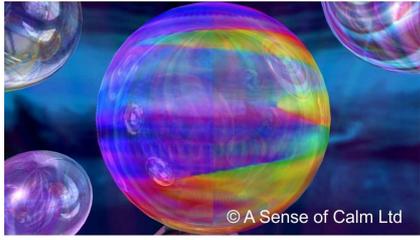
- The inability to define or explain certain sounds & sights can cause distress or anxiety
- Memory provoking images & music can cause negative memories to be brought to the surface, unfortunately, many people with Alzheimer's or dementia cannot explain (or may not even know) what the negative memory is

A Sense of Calm provides a non-memory provoking sensory experience, this is particularly useful for people with Alzheimer's & dementia as there is nothing to analyse or understand. It's simply a sensory stimulating activity to enjoy.

Running Time: 60 minutes

DVD Region: PAL

Additional Images



How to Order

Orders can be placed securely online at AlzProducts.co.uk - or over the phone with our UK sales team.

Call 024 7642 2224 to place your order or for further information. This product's order code is ASOC-DVD.