



A CALMING SENSORY EXPERIENCE

Wellness Nordic Relax[®] Chair

User feedback

From use of the Wellness Nordic Relax Chair with people living with Dementia

Dementia residence feedback on the Wellness Nordic Relax Chair

As aged care facilities face a situation where an increasing number of their residents have dementia, there is a need for non pharmaceutical interventions to support the care process and help increase quality of life for residents.

One such tool is the Wellness Nordic Relax Chair, that can offer residents a calming sensory experience by combining soothing music and tactile stimulation with an automated rocking motion.

The Wellness Nordic Relax Chair has received a lot of appreciation from users and their caregivers. Examples of feedback are represented in this booklet.

These testimonials are not peer-reviewed clinical studies – they express personal opinions provided by professional caregivers having used the Wellness Nordic Relax Chair with a limited number of residents in evaluations or in daily work at their care centres.





Æblehaven Retirement Home

Brøndby, Denmark

"At Æblehaven, the staff has had some positive experiences with the rocking chair. A resident who is highly complex has used the rocking chair every afternoon for an entire week. The staff finds that the resident relaxes completely and is happy the entire afternoon following rocking chair therapy. Several other residents have been pleased with the chair. One resident did not want to leave the chair after using it. The residents who live in the dementia ward are more complex than in past years, and if the staff can use rocking chair therapy to prevent work-related injuries, and have a more tranquil environment, I think it is money well spent."

Jane Meinert, Dementia Consultant

The Æblehaven Elderly Centre is a nursing home with a dementia ward and other units, divided into two buildings.



Enggårdén Nursing Home

Dragør, Denmark

"We have tested the Wellness Nordic Relax Chair on 11 of the 12 residents with dementia in our two protected wards. It was a success, as 10 of the 11 residents who tested the chair enjoyed its features and were able to settle down by using the rocking chair.

A number of specific observations illustrate its effect:

- Four residents sat in the chair for a longer period of time (1.5 hours) and were able to calm down through repeated use of the rocking chair.
- During the loan period, five residents with significantly agitated behaviour used the rocking chair, and were able to find immediate peace.

There was also a situation in which a resident wanted to hit another resident. However, she calmed down immediately after receiving care in the rocking chair. We have made the most of the rocking chair's flexibility and mobility, as we have used it in common areas and in the residents' own living areas, and the chair has provided the desired effect for residents in both settings.

Based on these experiences, we at Enggårdén can recommend trying rocking chair therapy with the Wellness Nordic Relax Chair in caring for residents with severe dementia."

Helle Nordlie, Head Nurse

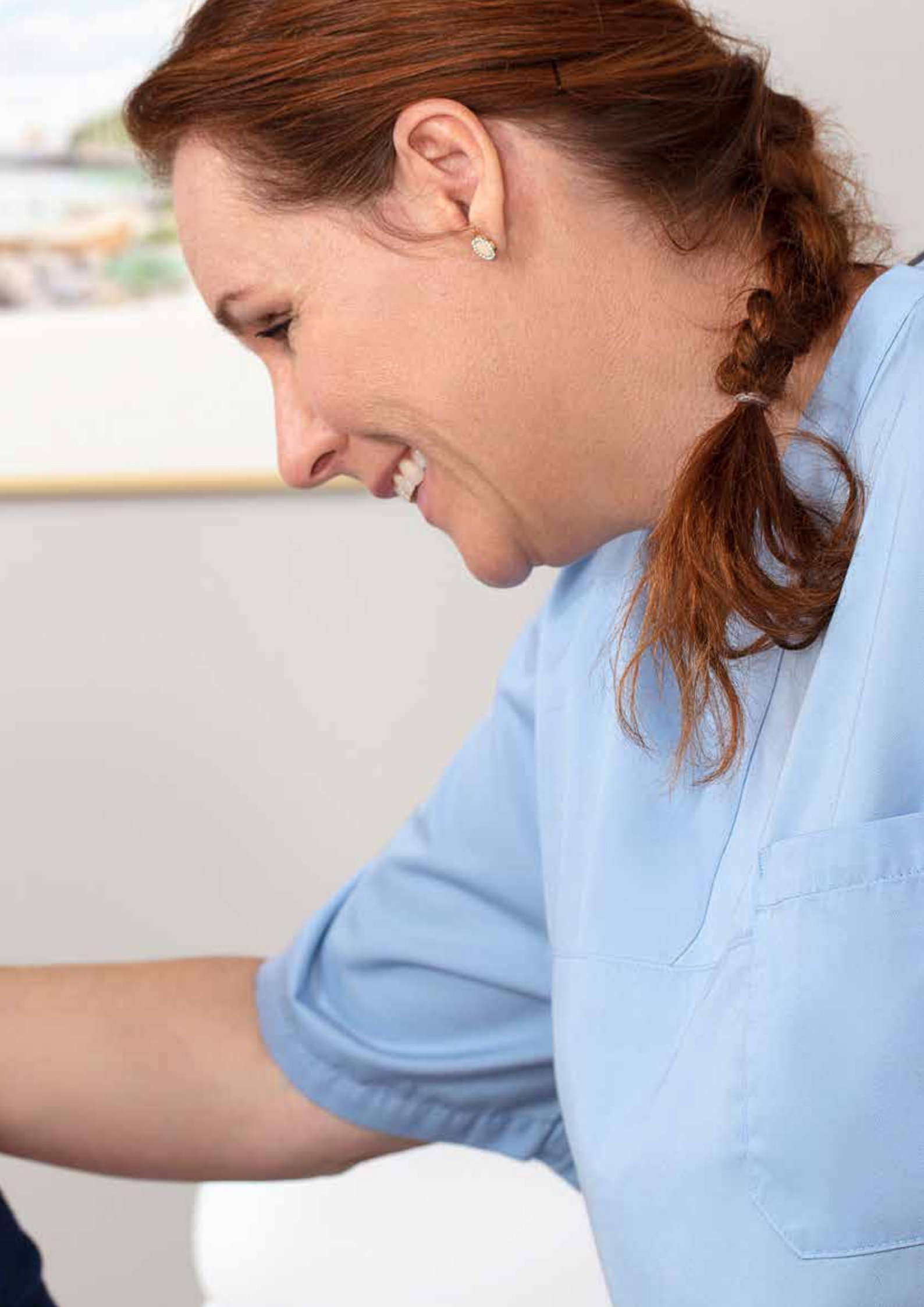
Enggårdén Nursing Home is a larger facility with five wards, including two protected units for residents with dementia



We have tested the Wellness Nordic Relax Chair on 11 of the 12 residents with dementia in our two protected wards. It was a success"

HELLE NORDLIE, HEAD NURSE AT ENGGÅRDEN NURSING HOME





Sjælsø Nursing Home

Rudersdal Municipality, Denmark

"Several of our day guests find great peace and quiet when using the Wellness Nordic Relax Chair, to the point where it often is about "getting served first". There sometimes are day guests, which can become uneasy and which we cannot motivate to use Wellness Nordic Relax Chair. However, under no circumstance would we like to do without it.

One of our day guests lives with advanced Parkinson's and Alzheimer's disease. She is usually unable to find peace, and she is at her best when she is being constantly cared for on a one-to-one basis. As a result, her husband is unable to participate in ordinary activities or get a proper night's sleep. She had been very uneasy with agitated behaviour and wakes up the other day guests when they settle in after midday. We then started using the Wellness Nordic Relax Chair with her at the day care centre and she has settled down completely. After one hour in the chair, she becomes so calm that she can participate in other activities without any problems.

Another sunshine story: we have a resident who suffers hallucinations and therefore is quite sad and, as one would expect, very uneasy. After she is offered the chance to rest in the chair, and after one hour of peaceful sleep, the resident is relaxed, happier and calm enough to go home in our bus.

Common to all these experiences is that spouses can see the effect when the resident comes home in the afternoon. They perceive a greater sense of peace in their spouses, and therefore we believe the chair meets all of our criteria for the complete chair."

Staff at the Sjælsø care centre

The Sjælsø Nursing home has an adult daycare programme for residents with dementia who still live at home.

Svovlhatten Nursing Home

Odense, Denmark

"At Svovlhatten, we've tested the Wellness Nordic Relax Chair on a resident who exhibited very agitated behaviour and yelling, a behaviour he had displayed since moving in to Svovlhatten two years ago. He had trouble calming down, and it was necessary to fit him with a soft fabric harness to prevent him from falling on the floor when seated in a normal chair.

We have worked with Marte Meo, sensory stimulation and other pedagogical principles without success in this case. We had the opportunity to test the Wellness Nordic Relax Chair with this resident and it was an instant success. He found peace and rest. The resident now spends many of his waking hours in the Relax Chair, and it has helped him find tranquillity and a better quality of life.

It has also proven advantageous for the staff. Previously, the resident required care and attention every five minutes. Now, however, the relax chair has changed the required level of care and attention to a level that is in line with that of the other residents.

Furthermore, it has improved the working environment for everyone as there is no more constant yelling and agitated behaviour from this resident.

In light of this experience, we at Svovlhatten can recommend trying rocking chair therapy with the Wellness Nordic Relax Chair in conjunction with overall care for residents with these kind of behaviours"

Merete Daurehøj, Department Head

Svovlhatten Nursing Home is a facility with comprehensive testing work in well-being technology



We had the opportunity to test the Wellness Nordic Relax Chair with this resident and it was an instant success. He found peace and rest.

MERETE DAUREHØJ, DEPARTMENT HEAD, SVOVLHATTEN NURSING HOME, ODENSE, DENMARK





Carter House Lifecare

Te Puke, New Zealand

We are a 17 bed Stage III Dementia Unit in the North island of New Zealand and cater for a range of residents who vary in age, ethnicity and dementia stage. The facility evaluated the Wellness Nordic Relax Chair which incorporated features including the combination of music, tactile stimulation and rocking motion.

We were interested in assessing the potential of this device to provide a calming multi-sensory experience and would like to share our observations of some of the benefits experienced by our residents with the use of the chair.

The chair was in-serviced by the Arjo Account Manager and instructions were left before the device was used by our residents. Homer, a resident with Dementia who struggles with sleep and behavior issues as well as aggressive language challenges was our first resident to use the chair. As with many residents with some of the most severe behaviors associated with dementia, the challenge of initiating the use of the chair existed with Homer. As loud, agitated residents, such as Homer, have a tendency to resist care tasks, such as bathing or eating and can be disruptive to the care environment, their care is consistently challenging to dementia cares staff. However, with good nursing care, the team were able to get Homer to sit in the chair and use its features and we recorded observations of this below.

Homer was started with a 20 minute cycle including music therapy, rocking and tactile stimulation. In addition Homer was covered with the included weighted blanket. The music therapy is produced from built in speakers at the head section of the backrest. The rocking consists of constant continuous movement of the chair in a forward and backward direction for the duration of the pre-set programme whilst the tactile stimulation is provided by a sub-woofer speaker in the backrest portion of the chair. The blanket, was tucked around Homer during the chair cycle.

Safely positioned in the chair, the weighted blanket in place, the soothing music going, the pillow in place and the chair gently rocking, Homer was asleep in about 10 minutes. After 20 minutes the rocking stopped but Homer continued to sleep. We left him there. One hour later Homer was awake and wanting dinner (it was lunch time). As an observation, in the four months I had been at the facility I have no recollection of Homer sleeping for that long. We tried to get Homer back into the chair several times, sometimes successfully, other times not, as is the change with dementia residents such as Homer.

We affectionately dubbed it the Big Red Chair. Many of our residents visited the chair – some for longer than others. Only one would not visit the chair again. Without exception, all our other residents got something out of this chair. A few minutes peace, a few minutes of calm and tranquility. Perhaps a few minutes where they could let go of their worries and just relax, be at peace with themselves.

Aged Care is a particularly physical, stressful and tiring profession to be in. Several of our staff also tried the chair with great success along with our dementia residents. It got to the point where I had to say they could not use it during work hours as they were so relaxed they fell asleep.

Dementia (in its many forms) is a challenging disease. Those living with Dementia often struggle to find peace. They will often pace constantly, talk constantly and struggle to be at ease around others. This chair gave them the ability to loose themselves for a short time. It provides the opportunity to find that peace that eludes them. This chair would be an asset to any facility dealing with the challenges of Dementia care.

Mary McDonald, RN Manager

Broparken Senior Centre

Rødovre municipality, Denmark

Eight residents were encouraged to use the Wellness Nordic Relax Chair on a daily basis and for as long as they wished. Caregivers assessed the response using a structured 'Welfare Technology Assessment' tool developed by the Danish National Centre for Technology and Innovation¹⁸ Results indicated that, in almost every case, mood was elevated and the user was calmed by a period of rocking.

The evaluators concluded that the Relax Chair was beneficial and recommended permanent installation in all residential facilities within the region. The staff also estimated that by redirecting the resident to the Relax chair they freed up two to three hours nursing time each week.

For full Welfare Technology Assessment report from Rødovre and more information about Welfare Technology Assessment, please visit: <https://www.rk.dk/om-os/sammen-om-roedovre/vision-for-velfaerdsfornyelse/velfaerdsteknologi/> Please contact your Arjo for an English translation.

Broparken Senior Centre is a nursing home for 78 elderly residents, distributed over 8 wards. The residents suffers various forms of age related challenges and sicknesses, including dementia diagnoses.



Trollflöjten's Dementia Residence

Linköping, Sweden

We evaluated a rocking chair from Wellness Nordic at Trollflöjten's Dementia Residence in Linköping. In our work we want to utilise different "tools" to help us provide good care. After a few months of use, we established that the chair became an additional intervention to use in the daily care of our residents.

When we first tried the rocking chair we hoped it would provide another method of relaxation, to contribute to the well-being of the people who live at Trollflöjten. We wanted to see if the chair could help alleviate some of the symptoms that can cause restlessness, agitation, difficulty in getting to sleep or to relax. For several years, we had discussed that rocking and cradling could potentially help relieve some of our residents from the more troubling symptoms, but had difficulty finding a product to help.

The Relax rocking chair was introduced to residents for the first time when they were receptive to trying it. We wanted to see if it would enhance their feeling of well-being and ability to relax in the chair. Not every resident we identified for use of the chair wanted to try it. We found that some residents need to try several times before it works for them, but we were persistent and in those situations we sat next to the chair to reassure the resident.

A manager who engages and inspires staff to try new methods increases the chances of them being successful. From starting to use the chair our staff were encouraged to learn as much as possible regarding how different residents might benefit from the chair and staff were given the opportunity to try it themselves.

Examples of the impact the rocking chair had on some of the residents:

- One person had a lot of trouble relaxing in bed. The rocking chair helped the person to relax for over an hour each time it was used, which never happened in the bed.
- Another person spontaneously headed for the rocking chair with a smile on his face. Before the rocking chair was introduced for lunch time relaxation, he would just lie in bed for a few minutes each time. In the rocking chair he would rest for a much longer time, which in turn would help him in having a better rest of the day.
- A third person fell asleep almost as soon as she goes in the chair. It quickly became something recognisable and a place to feel safe to rest in the chair daily. We have placed the chair in the living room in a quiet corner that we can screen with folding walls.

Our experience shows that the chair is well worth trying and we have seen the greatest benefit with those residents who experience some of the most troubling symptoms of Dementia.

Reference

Demensforum magazine, Issue #3, 2013, Page 9: <http://multi.mediapaper.nu/alternative.aspx?PubId=6292A272710AE89C0399F2F980AC4170>

Trollflöjten is a group home for residents below the age of 65 that are diagnosed with dementia.





Wellness Nordic Relax Chair Brochure

Scan the QR to download the Product brochure