



Erasmus+



THE PATH TO THE INDEPENDENT LIFE

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ALTERNATIVE METODOLOGIES IN LIFE LONG EDUCATION

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The concept of Basal stimulation - from theoretical approach to practice

The concept of Basal stimulation



- A concept that supports human perception at the most fundamental (basal) level
- Humans perceive using their senses (organs) that develop in the embryonic stage
- Meaning of the word "concept" - a living organism, according to individuality, "tailor-made"



The concept of Basal stimulation



- provides sensations from the surroundings
- stimulates the perception of one's own organism
- helps understand the surrounding world - to establish communication with it
- promotes relationship, calms and makes orientation easier



Who is it suitable for?



- Children and adults with disabilities
- Clients in coma
- Bedridden clients
- Restless, disoriented clients (autism)
- Geriatric clients



Authors

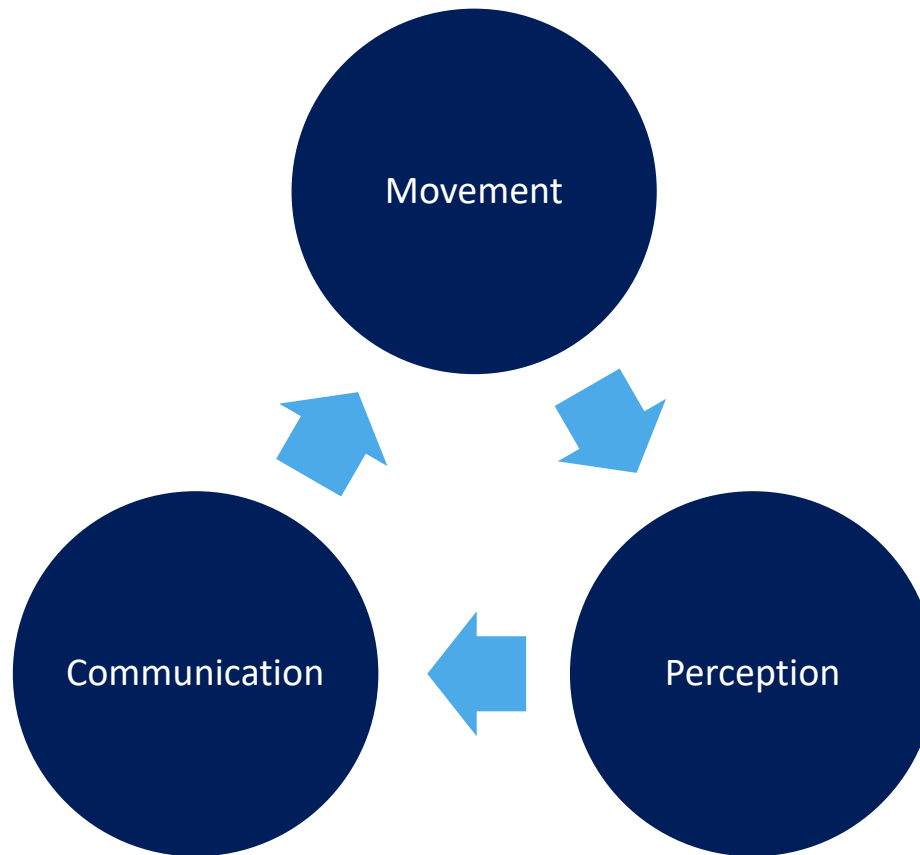


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linking special education and nursing



Basic elements



Signs of a pleasant experience



- blinking eyes
- deep breathing
- sighing, moaning
- opening of eyes and mouth
- smile
- relaxation of muscle tone, facial expressions and movements



Signs of an unpleasant experience



- closing of eyes and mouth
- turning pale
- restless, irregular breathing
- crying, screaming
- increase in muscle tone
- tight posture
- spasmodic facial expressions and movements
- defensive reactions, turning away, self-harm



Biographical questionnaire



- What is their temperament (lively, need to have things going on around them...)
- Do they use compensatory aids, what kind
- How good is their hearing
- How well do they see, do they need glasses
- How do they react to light, darkness
- What is their daily rhythm
- Which hand do they prefer (right, left)
- Do they like physical contact
- Touches - which ones do they like - in what area
- Touches - which ones don't they like - in which area
- How they sleep, position
- They like a blanket on their shoulders when covered



Biographical questionnaire



- What foods do they like/dislike (salty, sweet)
- What drinks they like/dislike
- Which sounds they prefer (radio, TV, children's songs, nursery rhymes, fairy tales, bells, ...)
- Do they prefer certain materials , which...
- If they don't like certain materials, which ones..
- Favourite scents
- What they do when they are in pain
- What satisfies them (music, quiet...)
- Do they have a regular activity, what kind
- A recent important experience that made them happy
- An experience that made them upset, cry, scared...



Initial touch



Techniques of Basal stimulation



1. basic:

- Somatic stimulation
- Vibratory stimulation
- Vestibular stimulation

2. additional:

- Optical stimulation
- Auditory stimulation
- Oral stimulation
- Olfactory stimulation
- Tactile-haptic stimulation



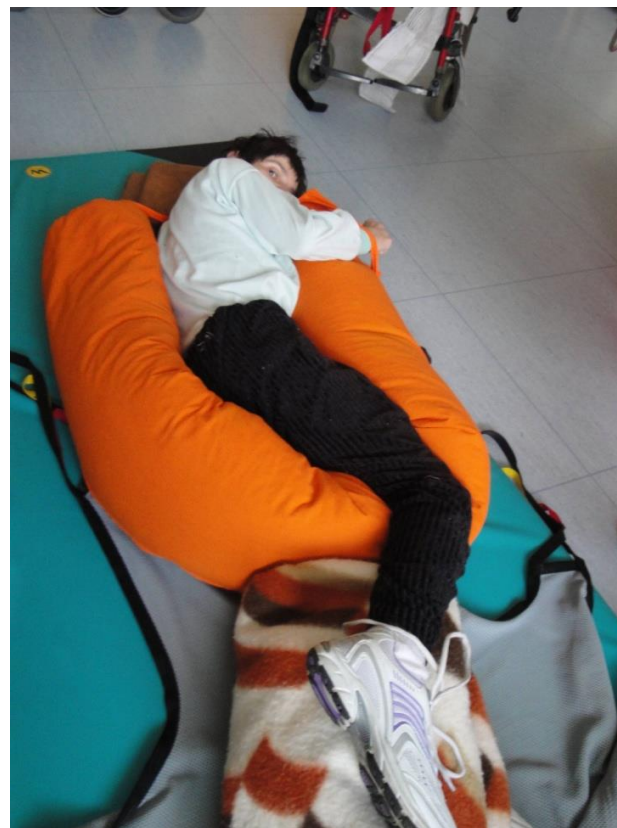
Basal stimulation in use



Use in rehabilitation



Use in rehabilitation



Use in rehabilitation



Use in early childhood intervention



Use in early childhood intervention



Thank you for your attention

Team Sibírka

<https://www.bazalni-stimulace.cz/>

Biographical questionnaire

The prerequisite for a good and effective perceptual stimulation is the acquisition of an autobiographical history, which will help to draw up an appropriate therapeutic plan for the client. The basis of the concept of Basal Stimulation is to act on the sensory systems by targeted stimulation, which leads to the satisfaction of the client, to understand and comprehend his individuality.

1. What is his temperament (lively, needs to have things going on around him...)
2. Does he use compensatory aids, what kind of
3. How does he hear?
4. How does he see, does he need glasses
5. How he reacts to light, darkness
6. What is his daily rhythm?
7. Which hand does he prefer (right, left)
8. Does he like physical contact?
9. Touches- which he likes- in which place
10. Touches- he doesn't like- in what place
11. How he sleeps, location
12. Does he like a blanket on his shoulders when he is covered?
13. What he likes - dislikes, what food (salty, sweet)
14. What he likes - he doesn't like what kind of drink
15. Which sounds he prefers (radio, TV, children's songs, nursery rhymes, fairy tales, bell, ...)
16. Does he prefer some materials, what...
17. If he doesn't like some of the materials that...
18. Favourite scents
19. What he does if something hurts him
20. What satisfies him (music, quiet...)
21. Does he have a regular activity, what
22. An important recent experience that made him happy
23. An experience that made him upset, cry, scared...

Thank you for your answers, which will enable us to find a common path to the client's knowledge and satisfaction.