



Home Consult: Setting up a Sensory Space

At OTA The Koomar Center we are committed to supporting our clients in varied environments. In addition to therapy, it is often beneficial for an individual to have regular opportunities in the home environment to engage in sensory-enriched activities to support optimal self-regulation and participation in daily activities. If an individual's sensory needs are intense, this may require that a specialized sensory environment or sensory space be developed in the home. At OTA we have highly qualified staff with specialized knowledge in sensory integration equipment who can facilitate setting up such a sensory space in your home.

If you are a current client of OTA, the sensory space consultation process involves the following:

A 30-minute consult will take place between your treating therapist or evaluation therapist and the consult therapist to determine the therapeutic goals, special considerations and any safety concerns for the client. The therapists will also discuss which swings, structures and equipment are appropriate to meet the client's needs.

The consult therapist will contact you directly via phone or email to schedule an appointment time to visit your home and obtain preliminary information on where you want your sensory space to be developed. The home visit will usually last for *1 to 1½ hours (not including travel time)*. You will be billed for the time required for the visit plus travel time to and from your home (at a reduced travel time rate). ***It is highly recommended that a contractor or the individual who will be completing the work be present for this visit.*** During this visit the consult therapist will:

- Determine the best location for your sensory space, either using an existing room or discussing the design of a new space.
- Discuss options and provide information on suspension equipment. *While we can offer advice on types of equipment, we are not structural engineers and request that all structural questions be directed to your contractor or structural engineer.*
- Discuss placement and design of structures (ball pits, club houses, climbing structures, zip lines, etc.).
- Discuss options for flooring and padding.
- Discuss equipment priorities and provide information on options for purchasing and building yourself.
- Discuss sensory-friendly color schemes and visual clutter control.
- Review a budget for the project and help you to prioritize to get the project underway.

If your contractor is not able to attend this visit, the consult therapist will produce a detailed written plan of the sensory room recommendations and complete a brief phone consult with the contractor. This process will add an additional 1½ to 2 hours of billed time onto the home consultation time.

If you are not currently an OTA client, we request that you go to the getting started page on our website and complete the appropriate intake form. Our intake coordinator will contact you to discuss how to proceed.