

Sensory Bingo Intervention Protocol



General Purpose: To engage low functioning clients in a popular and familiar activity while providing a sensory experience adapted to his/her cognitive level.

Population: Small groups of dementia and low-functioning participants.

Materials Needed

- Sensory bingo card
- Bingo card bag -this is a bag filled with 1 individual picture of each item found on the bingo card
- Bingo chips
- Sensory items:
 - Olfactory (smell): cinnamon (cinnamon spice), coffee (bag of coffee beans or grounds, perfume (soaked in cotton balls), peppermint (peppermint candies). flowers
 - Auditory (hearing): bird chirping (chickadee stuffed animal that chirps), marching band, take me out to the ball game theme song, telephone ringing, dog barking
 - Gustatory (taste): peanut butter, apples (applesauce), lemon (lemonade), chocolate (pudding), grape (juice or suckers)
 - Tactile (touch): golf ball, scented lotion (apply to hands), rope, sand (feel sand in a box), yarn
 - Visual (see): keys on a key ring, miniature car, plush cat, magazines, map

Program Description: Participants will be able to engage in a beloved activity adapted to his/her cognitive level. This intervention engages the 5 senses including: olfactory, auditory, gustatory, tactile, and visual.

Client Problems that may be Addressed: Bingo assists in improving individuals coordination, concentration, and has social benefits. The sensory component of the activity engages the senses while improving or maintaining cognition through novelty and surprise.

Contraindicated Criteria

Participants with limited arm and hand abilities may need assistance or adaptations made to engage in the activity. The bingo card may need to be taped to the table. Some clients may need hand over hand assist. Clients may need prompts/cues/assistance in identifying the items and/or locating the item on his/her bingo card.

Cautions

Know participants' allergies (food related allergies or allergies to scented lotions) and diet restrictions.

Staff Training and Certification Requirements: Each staff member should be certified and licensed (if applicable) as a certified therapeutic recreation specialist (CTRS) and/or therapeutic recreation technician (TRT) and be required to maintain his or her licensure and certification.

Activity

- Give each participant a sensory bingo card. Distribute bingo chips.
- Explain to participants that we will be playing "bingo", but we're going to add a sensory component to our favorite activity. Show the bingo card to the participants and explain that we will be matching the sensory experience to the picture on the bingo card. The participant will put a bingo chip on the card upon identification. Explain that when a participant has a straight line either horizontally, vertically, or diagonally, then this is a bingo.
- Start the bingo by having 1 participant choose a card from the "bingo card bag". You do not reveal the card picked.
- With each card picked, engage each resident individually with the picked sensory item. See the note below for the different sensory items and engagements. As you engage the resident in the sensory item, have them identify the item and then locate the item on the bingo card. For example, if the resident picks the peanut butter card, have each resident taste the peanut butter and have the resident identify what the item is. Upon identification, have the resident place the bingo marker over the picture on the card. Some residents may need prompts/cues to identify the item and the pictures on the bingo card may be a good cue for the residents to identify the item. Provide as least amount of assistance necessary for each resident to participate to his/her full extent.
- Repeat until a resident has a bingo. You may choose to start the game over or continue until another resident gets a bingo.

Note: The bingo cards are set up that each row is a different sense:

- **Row 1: Olfactory (smell):** cinnamon (cinnamon spice), coffee (bag of coffee beans or grounds), perfume (soaked in cotton balls), peppermint (peppermint candies). flowers.
For items picked in this row, simply go to each resident and have the resident smell the items to identify
- **Row 2: Auditory (hearing):** bird chirping (chickadee stuffed animal that chirps), marching band, take me out to the ball game theme song, telephone ringing, dog barking;
For items picked in this row, simply go to each resident and play the auditory clip to identify
- **Row 3: Gustatory (taste):** peanut butter, apples (applesauce), lemon (lemonade), chocolate (pudding), grape (juice or suckers)
For items picked in this row, simply go to each resident and have them taste the items to identify
- **Row 4: Tactile (touch):** golf ball, scented lotion (apply to hands), rope, sand (feel sand in a box), yarn ball
For items picked in this row, simply go to each resident and have them feel the item to identify
- **Row 5: Visual (see):** keys on a key ring, miniature car, plush cat, magazines, map
For items picked in this row, simply show each resident the item to identify