

Affordable Sensory Equipment Recommendations

Weighted products:

Key points to remember: Please consult with an Occupational therapist to help you determine the best size and weight. It is typically recommended to have a blanket be 7-10% of a person's body weight.

Weighted blankets and lap pads

Custom weighted blankets and lap pads:

<http://www.sensacalm.com/weighted-blankets/>

<http://www.mosaicweightedblankets.com/> (they even offer DIY kits)

Amazon and Etsy even carry weighted products

Weighted snake

Amazon has a few versions (be careful though because their prices fluctuate).



Alternative ideas to expensive weighted objects



Door stoppers and neck wraps and warmers

Available at drug stores and websites like Amazon. Bed Bath and Beyond carries a brand called Bed Buddy.



Talk with your dentist as you may be able to get an old lead vest used for x-rays.

Vibration:

Hand held massager: Amazon as well as drug stores, Target, WalMart etc.



Vibrating cushion: Amazon carries a brand by Dr.Scholl's



Katie Frank, PhD, OTR/L
Advocate Adult Down Syndrome Center
847-318-2331
Katherine.frank@advocatehealth.com