

San Miguel Resource Centre

Nikolai's experience

by Claudette Attard

Services offered at the Resource Centre:

- Multisensory therapy sessions
- Information and Communication Technology
- Hydrotherapy sessions

Multisensory Therapy Sessions

The multisensory room creates a stimulating and yet calming environment. It aims to provide a *'failure free'* environment.

Some of
the Equipment



Exploring different materials!



Making music!



Information and Communication Technology (ICT)



ICT is an invaluable resource. It allows the user to gain:

- Self-confidence
- Social skills
- Communication skills
- Gross and fine motor skills
- Problem solving skills
- Wide range of abilities to function in society

Hydrotherapy Sessions

At San Miguel Resource Centre, tutors practice the *Halliwick Swimming Therapy*. The three basic concepts underlying the Halliwick concept are:

- Mental adjustment
- Balance control
- Movement

Gradually it leads the students to personal independence in the water.

How has hydrotherapy helped Nik?

- Improved his balance.
- Improved his co-ordination and posture.
- Released his muscle tone.
- And improved his confidence in water.

Improved balance...





Improved
attention...

Released
muscle tone...



**Confidence
in water!**

