

## Therapy Swings Funding Rationale

### Therapy Swings help people live their life or makes life better

The use of a therapy swing improves the lives of people with (but not limited to): Autism, ADHD, Anxiety, Sensory Processing Disorder, Individuals with high vestibular needs. The use of Therapy Swings:

- (a) Calms the user in times of high stress, anxiety and helps with de-escalation of behaviour
- (b) Engages the vestibular system for calming. The residual calming effects of the swinging movement enables an individual to carry out their daily activities, enabling greater independence and confidence in the community
- (c) Enables the user to self-soothe in times of anxiety or stress, increasing independence at home and in the community

### Therapy Swings are used as a Disability Support

- (a) Using a Therapy Swing is a strategy in behaviour management and behaviour de-escalation. It's a positive way to include a preventative strategy, which is safer than resorting to physical restraint and isolation
- (b) The use of a Therapy Swing is used for those who require movement in order to feel calm and emotionally regulated
- (c) Therapy Swings are used to help reduce repetitive behaviours such as rocking back and forth or side to side, or spinning, jumping or pacing, to enable better engagement on daily tasks and greater independence.
- (d) The Therapy Swing is an effective way to provide movement in a safe and dignified manner in specialist and mainstream, and home settings.
- (e) Enables movement for individuals who are limited in their ability to move independently

### Therapy Swings are reasonable and cost effective

- (a) A Therapy Swing has benefits across the day and can be used as required
- (b) Sensory Swings are calming for those who have high vestibular needs. They are cost effective as personal support to manage behaviour due to high vestibular and movement needs decreases over time