1. Product Name

Relaxer™ Travel Size Weighted Blanket

2. Product Code

21594 – Extra Small
21595 – Small
21596 – Medium
21597 – Large
21598 – Extra Large

3. Colour

Colours may vary, but are likely to be blue or tan

4. Brief Description

Helpful for calming during the day and to aid relaxation during daily activities that could otherwise become stressful situations.

5. Contents

- 1 x blanket

6. Snoezelen® Stimulations

- Touch (deep pressure)

7. Best Use

Choose the correct weight of blanket to correspond to the user's weight.

8. Compatible ROMPA® Products

ROMPA® offers a wide range of Sensory Integration products to compliment these blankets

9. Starting Up

- There are no short-cuts when setting up and using Sensory Integration equipment. Please keep these instructions in a safe place and refer to them as required.

10. Detailed Description

Helpful for calming during the day and to aid relaxation during daily activities that could otherwise become stressful situations. Take it almost anywhere for convenience and reassurance e.g. in the car, on the plane, at the dentist's or hairdresser's. Suitable for children and adults. Affordable and portable. Designed by an Occupational Therapist with over 25 years of experience. Triple-stitched for robustness and so the filling is safely contained. The hygienic filling is BPA-free, phthalate-free, and lead-free. Cotton outer for comfort and durability, even after repeated machine washes. Pattern-free to avoid distraction and visual over-stimulation. With a scoop neck for comfort to avoid discomfort around the face and neck. Colours may vary.

These weighted blankets are specifically designed to give the sensation of deep pressure touch.

- They can help relax a person similar to swaddling a baby, getting a massage or having a loving hand rest on your shoulder.
- They can help with stress, melt downs and sleep among other things
- They can help falling asleep and staying asleep in an all-natural way

These sensory strategies are effective for most any one and have traditionally been used by many who have special needs including:

- Attention Deficit Hyperactivity Disorder (ADHD)
- Attention Deficit Disorder (ADD)
- Sensory Processing Disorder (SPD)
- Autistic Spectrum Disorder (ASD) and others
- People with mental health challenges

11. Safety

- Always supervise the use of this product

- The weight of the blanket must proportionately match the user's physique and weight.
- Use under the direct supervision of an Occupational Therapist
- Never allow the user's head to be covered by the blanket
- Make sure the client can quickly get in or out from under the blanket
- Vital signs must always be observable

12. Technical Specification

21594 – Extra Small 2.3kg (5 lbs) Size: 41 x 104cm (16" x 41")
Approximate age: 4 to 8 years
User's approximate weight: 16-36kg (35-79 lbs)

21595 – Small 3.6kg (8 lbs) Size: 48 x 99cm (19" x 39")
Approximate age: 9 to 12 years
User's approximate weight: 36-50kg (80-110 lbs)

21596 – Medium 5.4kg (12 lbs) Size: 48 x 114cm (19" x 45")
Approximate age: 13+ years
User's approximate weight: 50-64kg (111-140 lbs)

21597 – Large 7.3kg (16 lbs) Size: 53 x 125cm (21" x 49")
Approximate age: adult, within weight range
User's approximate weight: 64-82kg (141-180 lbs)

21598 – Extra Large 11.3kg (25 lbs) Size: 69 x 127cm (27" x 50")
Approximate age: adult, within weight range
User's approximate weight: 82-100kg (180-220+ lbs)

All the weight of the Relaxer™ Travel Blanket is on the person therefore the Travel Blanket can weigh less than a weighted blanket used for sleeping.

Filling: Non-toxic, BPA-free, phthalate-free, and lead-free PET pellets

Features

- Innovative design with contoured neck which allows the blanket to lay on the lap and chest and over the shoulders.
- Fastens in the back with (Velcro) hook and loop closure
- "Pocketed Construction" technique keeps pellets evenly distributed in their chambers, providing optimal weight coverage over the user.
- Pellets are sewn into a cloth bag creating double protection and durability.
- 100% high quality soft cotton
- Double stitching for strength and maximum durability

13. Installation

1. If your client is using this product for the first time, allow time for him or her to adjust to it. To facilitate this, introduce the blanket to him or her in a familiar environment where the client feels safe and comfortable. Choose a time to introduce the blanket when your client is not agitated and already anxious.
2. Allow the client to discover the blanket in his/her own time – be patient and do not force the experience onto your client.
3. Place the blanket near some of the client's favourite things – when paired with favourite items, the blanket is likely to be accepted more readily.
4. Place the blanket near you when you sit or lay near your client. You go first – show your client that you enjoy using the blanket.
5. Promote positive associations with the blanket. Show the client that the blanket is safe, soft and will make them feel good. Choose positive language that they can understand. Smile and be relaxed yourself. Speak in a soothing calm voice. Build up the trust and security gradually.

14. Care and Maintenance

1. All the parts of this blanket should be checked on a regular basis (at least monthly, and more if the blanket is used often). Use a maintenance sheet (such as the example one provided) to record these checks.
2. Check the blanket for signs of wear and tear and repair or replace as appropriate.
3. Machine washable on the gentlest setting at a low temperature. For the heavier blankets (medium, Large and Extra Large) we suggest that you check with the washing machine manufacturer for weight capacity limits. It may be advisable to wash these larger blankets in industrial washing machines. Do not use bleach. The blankets can be machine dried on low heat or fluff cycle. The blankets will also dry relatively quickly when placed on drying racks with air circulation under them.

15. Troubleshooting

Not applicable

Further copies of these instructions can be downloaded at www.rompa.com

We hope you find our instructions invaluable. If you have any suggestions for improving them further your comments will be greatly received – please contact us at producthelp@rompa.com

Copyright ROMPA® Ltd

SENSORY INTEGRATION MAINTENANCE CHECK LIST

PRODUCT: …….

TO CHECK	Date / S (Satisfactory) or R (Repair/replace)													