

## WAVE MACHINES © “Starry Nights” or “Ocean Waves”



Encourage the resident to reach for and pick up the wave machine with both hands. This item is especially useful for women of all functioning levels who have repetitive vocalizations or motor patterns. The wave machine seems to absorb the repeated noise making and diffuses it.

**Cues for this action:** “Look at that colorful bottle. Shake it and watch the water move inside it. Please hand it to me.” *Demonstrate* - Slowly tipping the bottle with the right hand higher, then the left hand higher. If the individual needs a more intense motor pattern demonstrate shaking the bottle. *Return the wave machine to the resident and cue* - “You try it.”

### **Promotes:**

1. Visual tracking.
2. Bilateral use of hands, arms, and eyes.
3. Upper extremity strength and range of motion.
4. Focus and concentration.

### **Discussion Ideas:**

Does this remind you of going to the ocean?

Did you ever go to Florida?

What is your favorite thing about the beach?

### **Need:**

- Clear plastic salad dressing bottle, washed, with the label removed approximately 4 ounces of mineral oil (1/4 bottle)

For “Starry Nights”

- ½ cup water with 3-4 drops of blue food coloring
- Approximately a teaspoonful of star shaped sequins
- 5-6 shiny pennies
- Blue PVC electrical tape (or any color tape that’s available)

For “Ocean Waves”

- ½ cup water with 2 drops of blue plus 1 drop of green food coloring
- Approximately a teaspoonful of glitter
- Approximately 6 small sea-shells; use pennies if you don’t have shells green PVC electrical tape (or any color tape that’s available)

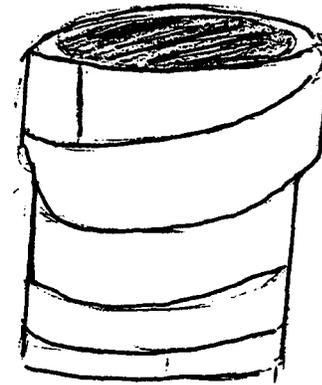
**Instructions:**

Fill the salad dressing bottle half full of mineral oil.  
Fill it the rest of the way with tinted water.

Add the sequins or glitter  
Add the pennies or sea-shells

Screw on the bottle top. Using pliers, gently tighten the bottle top as much as you can, so that it is impossible to unscrew the bottle top with your hand.

Using the PVC tape and starting at the base of the bottle’s neck, wrap the neck and cap of the bottle so that the whole neck and sides of the bottle cap are covered uniformly with tape as shown. The tape is stretchy so that by pulling it gently as you wrap it, it will conform to the contours of the cap and neck.



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Buettner, L. & Greenstein, D. (1997). Simple Pleasures: A multi-level sensorimotor intervention for nursing home residents with dementia. (Training manual and instructions)