



### **1. Product Name**

Emelie

### **2. Product Code**

20340

### **3. Colour**

As shown

### **4. Brief Description**

Doll Therapy can be valuable amongst people with Dementia as having something to care for can imbue a rewarding sense of purpose and usefulness.

### **5. Contents**

- 1 x doll with top and dress

## 6. Snoezelen® Stimulations

- Sight
- Touch

## 7. Best Use

Emelie can be enjoyed by children and by adults with learning difficulties for recreational play, imaginative play and for role-play. She can have particular value for older adults with Dementia, as she is comforting and can reduce anxiety or agitation. Emelie can also provide a sense of purpose, role, identity and usefulness. In an era when many women have a profession, we should not forget that for many older ladies, their career was that of mother, housewife and homemaker. Furthermore, for someone who is looked after the majority of the time, it can be alerting, stimulating and empowering to experience role-reversal, and become the care-giver. Emelie can also help awaken memories of parenthood and happy family moments, as well as providing a sense of attachment. Emelie can have real symbolic significance, and because of her realistic attention to detail, such as the weight being in her bottom, she should not be regarded simply as a doll or toy.

### **Suggestions for introducing Lilly and Elias to an older person with Dementia**

- When the older person is sat comfortably, sit in a chair alongside the person, whilst holding Emelie, or walk with her, holding her hands as if she were a toddler unsteady on her feet. Gradually introduce the older person to Emelie, giving her a name. Talk about her pretty eyes, beautiful hair, face, cute nose and so on, just as you might comment on the features you like of a real toddler. After a little while, invite the older person to hold Emelie. Take your time, and watch the responses of the older person so as not to rush them into holding Emelie. Make sure it is their choice to hold her – it may not be the same time that you show Emelie for the first time, so be patient.
- Always maintain the illusion that Emelie is real. It can cause distress to the older person you are caring for – and others – if you later discard her amongst other resources or forgetfully carry her by the feet.
- Choose your time carefully and be conscious of other people around you. Be wary that others may realise Emelie is not real and could make negative comments which may undermine your efforts.
- Involve the family and friends of the older person. Make sure they understand the value of Emelie, and that they realise that you are seeking to provide comfort. Explain that use of Emelie is not condescending or patronising – it is intended to stimulate pleasant memories and provide a sense of purpose. Once the family is on board with your intentions, invite them to provide information that gives valuable insight about the person you are looking after. For example, if an older lady remembers particular outfits her own children wore, try to find outfits like this. Perhaps the person has particularly strong memories of a certain activity with the toddler, e.g. playing a particular game.

- Be prepared to expand on the use of Emelie if the person you are caring for finds them particularly comforting. Provide a crib, pram or blankets if the person wants Emelie to sleep in their room. Purchase additional clothes for the newborn if the person particularly likes to dress Emelie, and if touching and stroking different textures is especially soothing. Seat Emelie next to the person at mealtimes if this is reassuring.
- Make Emelie seem as realistic as possible, by using the Heart to provide gentle vibrations (a rhythm of approximately 60 beats a minute) and subtle sounds. Many of us associate a particular smell with babies and small children – consider washing the clothes in baby shampoo or baby body wash to replicate the aroma of a real child. If a particular aroma (e.g. lavender) is particularly soothing for an individual, place a few drops of essential oil (available from ROMPA®) onto a ball of cotton wool and place this inside the pouch at the back of Emelie. Think about the temperature of Emelie – make she is not really cold – she may seem more realistic if she is at room temperature, or the person you are caring for may like certain temperatures and so consider these preferences.



## **8. Compatible ROMPA® Products**

29327 – Heart

## **9. Starting Up**

- Introduce Emelie with care, as though she were real and your own infant.

## **10. Detailed Description**

Doll Therapy can be valuable amongst people with Dementia as having something to care for can imbue a rewarding sense of purpose and usefulness, as well as helping to reduce anxiety. Emelie is dressable, cuddleable and comforting. When held like a real infant in your left arm, it is as though she is lovingly looking up at you. An appropriate weight (1.4kg) which can in itself be calming. With a pouch on her side, the Heart and aromas can be added. Her hair is lovely to stroke, and she may help stimulate memories of parenthood and happy family moments.

## **11. Safety**

- Always supervise the use of this product.
- Dispose of any packaging safely and appropriately.

## **12. Technical Specification**

Weight: 1.4kg  
Size: 65cmH

## **13. Installation**

*Not applicable*

## **14. Care and Maintenance**

- Hand-wash at 30°C. Allow to air-dry naturally. Avoid harsh, abrasive cleaning products and products that contain bleach. Remove the clothes before washing. Do not iron Emelie.
- Handle with care

## **15. Troubleshooting**

*Not applicable*

Further copies of these instructions can be downloaded at [www.rompa.com](http://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](mailto:producthelp@rompa.com)