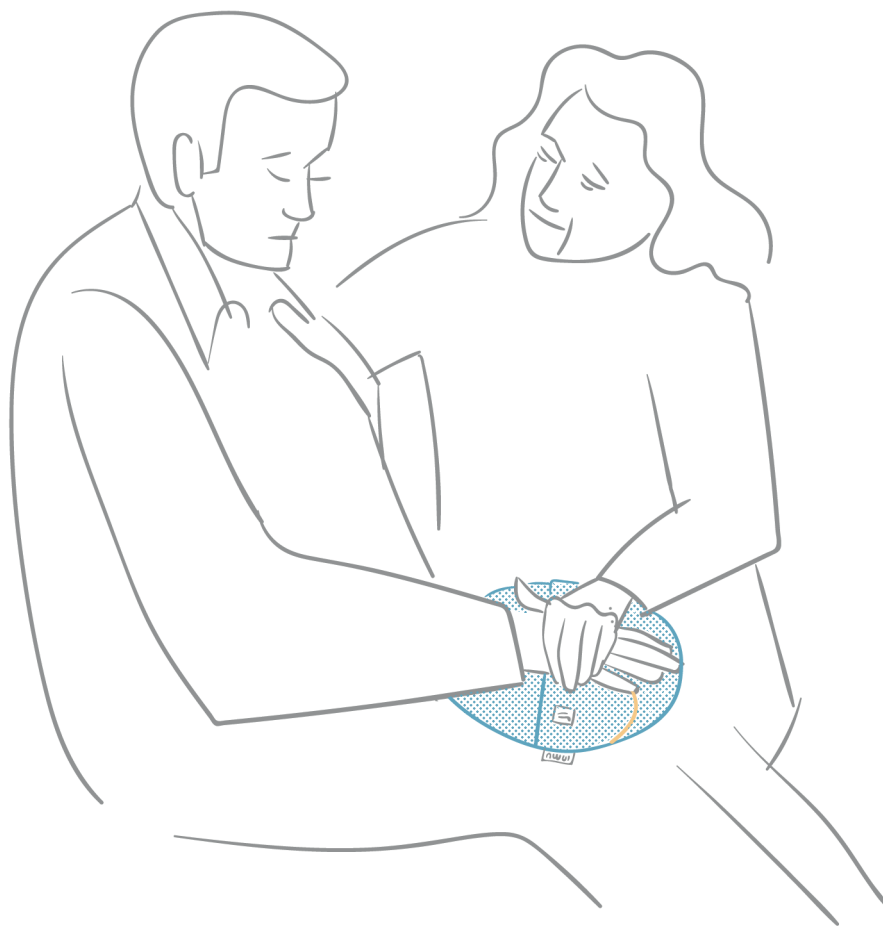
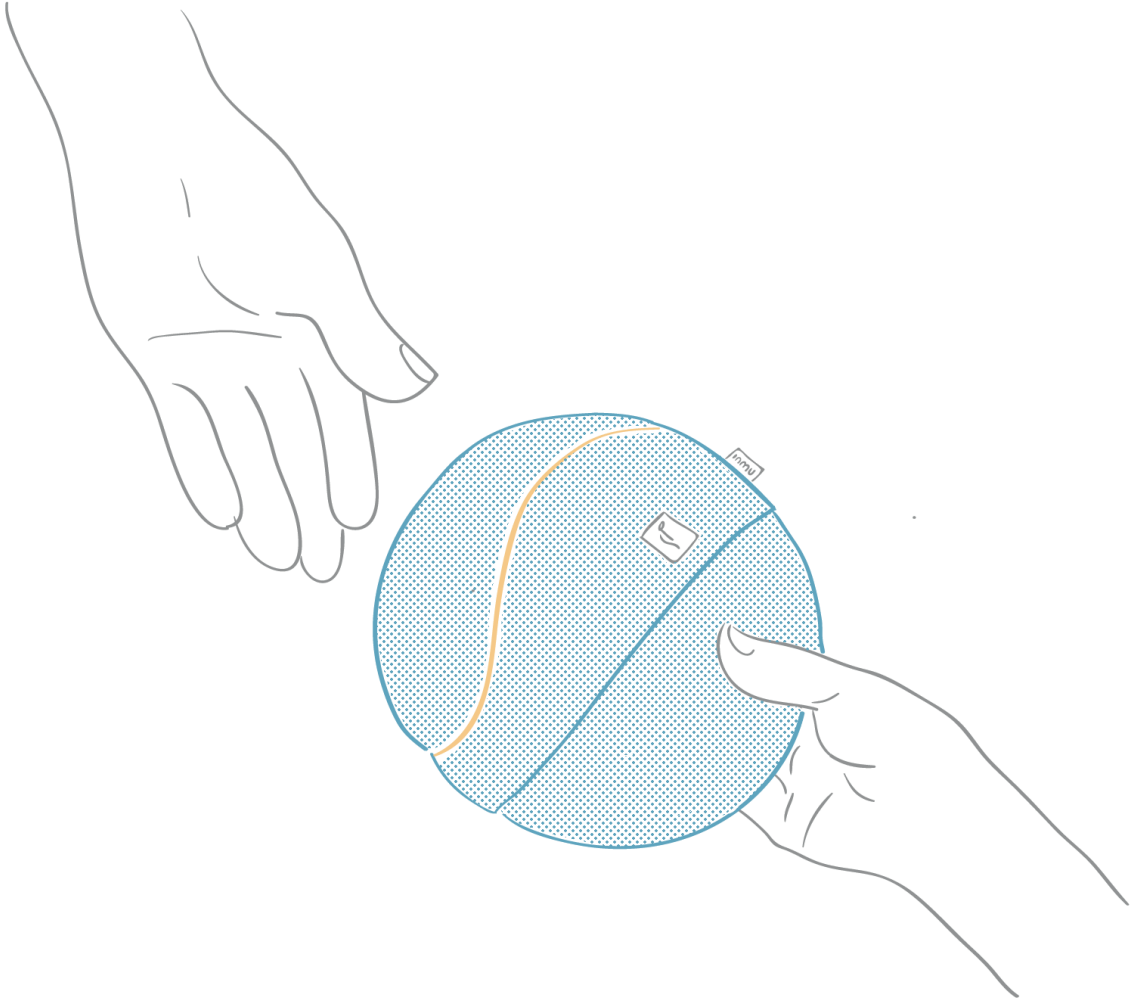


Using **inmu** in everyday care

Take an **inmu** moment





An **inmu** is a dignified, elegant and valuable tool to support care staff, family members and users who take care of frail, ill or elderly people on a daily basis.

An **inmu** can be part of an individual daily care program or it can be included in a common everyday routine providing peace of mind and support to many.

The **inmu** is most effective when it is part of a routine.

It helps to leave the **inmu** out where everyone can see it, ideally in the immediate proximity of the user(s), e.g. on a chair or sofa or on the table.

Or you can sit with the **inmu** yourself, thereby directing the user's attention towards the music, the vibrations and the fabric.

Shape, colours, fabric and the tactile elements are combined to stimulate the senses and encourage the user to reach out and touch the **inmu**.

The interactive music and the vibrations stimulate and motivate the user to continue playing with it.

Blind and deaf users can also benefit positively from the **inmu**, as the vibrations follow the music and the tactile elements stimulate many senses.

It always takes a while to get used to something new – for the user as well as care staff.

This mini guide is intended to provide inspiration and good advice for how the **inmu** can provide support and happiness to daily care.

*Take an **inmu** moment.*

Washing and User instructions can be found in the **inmu** box. Please read these for information on hygiene and charging of the **inmu**.

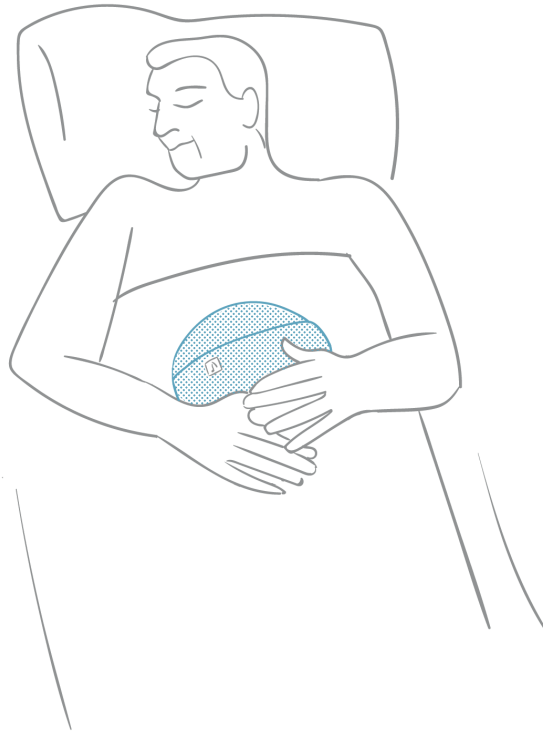
Contact information: info@inmutouch.com – Tel. +45 51 95 50 40.

See also www.inmutouch.com.

SLEEP

It can be hard to fall asleep when you are ill, especially if you experience pain, discomfort or intrusive thoughts.

An **inmu** is pleasant, soft and calming to fall asleep and wake up with.



It is calming for both body and mind to lay the **inmu** down on the user's chest with both hands on top or with one hand in the **inmu**'s pocket.

The calming music and the vibrations help slow down both pulse and breathing. The soft cover feels warm and it is pleasant to stroke it gently with your hand.

The **inmu** can lie on or across the whole body.

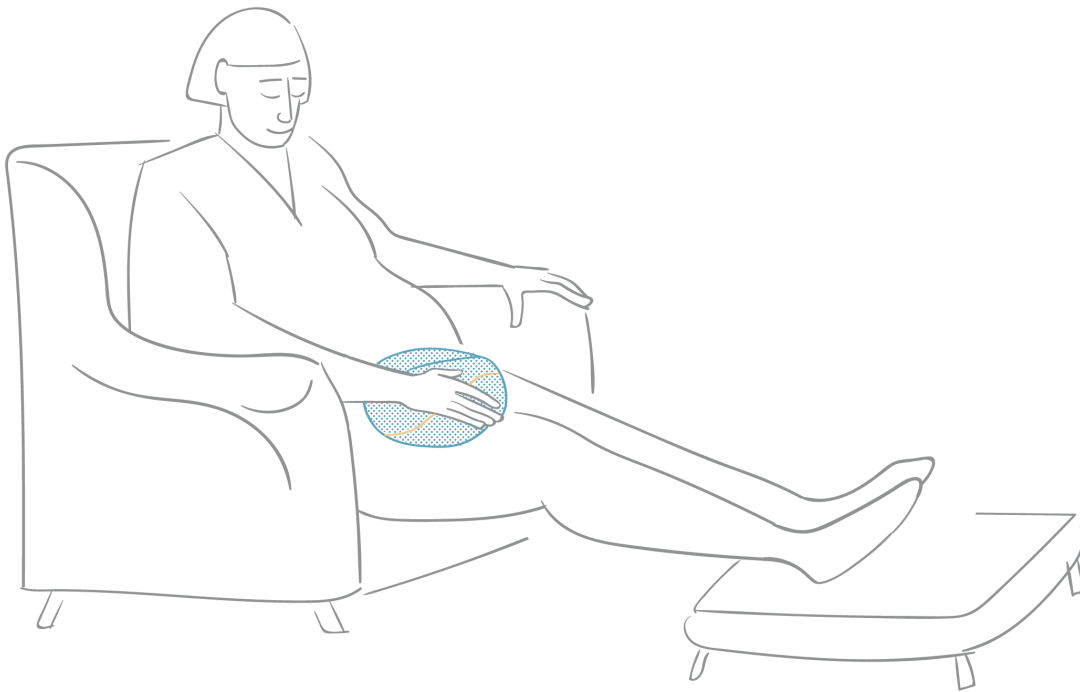
If it lies completely still, the music will fade slowly away. It only takes a small movement to wake it again.

If the sound is too loud, then move the **inmu** further away from the head or place a blanket, for example, over it - you will still be able to feel the vibrations. It is also possible to adjust the volume (see Washing and User instructions or go to inmutouch.com).

REST

When you are ill or generally feeling weak, it is important to calm both body and mind - to take a little rest.

An **inmu** is wonderfully soft to touch and gives peace of mind. The gentle music and the vibrations help you to relax - with a smile on the lips and good feelings.



Place the **inmu** on the user's chest or stomach.

Press gently on the **inmu** or allow the hands to gently stroke the soft fabric and try to follow the golden line. Allow the music and the vibrations to spread throughout the body - it can help to place one hand in the **inmu's** pocket. With small movements, the user can keep the music going themselves.

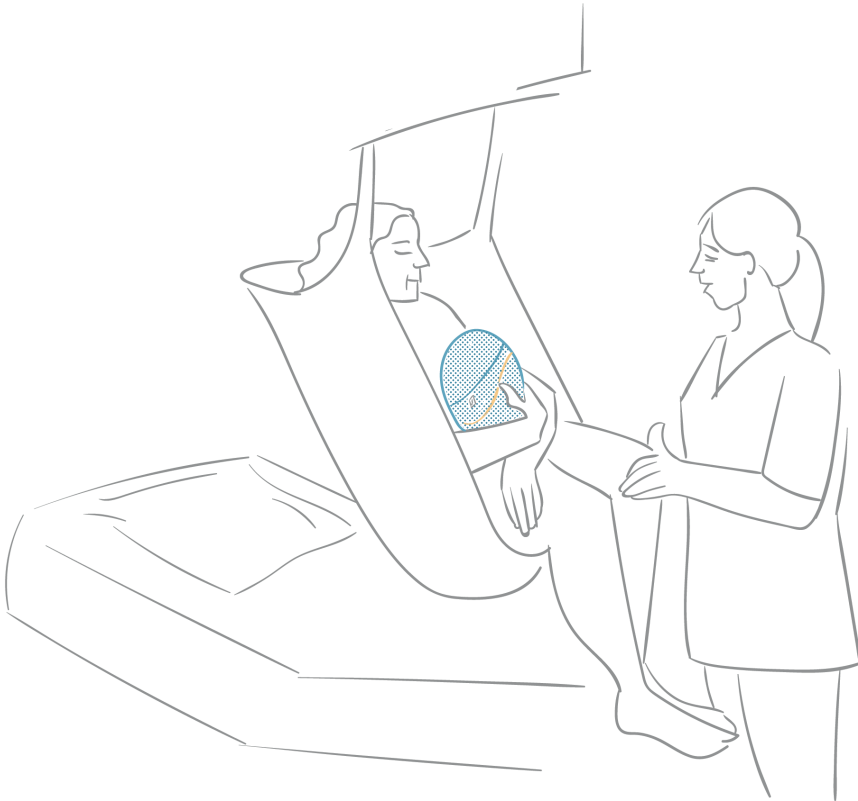
The **inmu** can also be swung from side to side so you can hear how the music develops.

Let the user sit with the **inmu** before bedtime, before meals, before an appointment with e.g. the doctor, on days where something special is happening, changes to the normal daily routine or after an unpleasant experience, e.g. a situation that was physically or mentally taxing.

An **inmu** is also a good tool for moments of concentration, meditation or relaxation.

TRANSFER

Being moved can be an unpleasant and uneasy experience for those who are ill.
An **inmu** can make a transfer more comfortable and relaxing.



Place the **inmu** on the user for a few minutes before attempting the transfer and allow them to relax. Let the user enjoy the music and stroke the soft fabric. It can also help to place one hand in the **inmu**'s pocket.

During the procedure, the **inmu** can be kept 'awake' by the assistant with just a small movement.
If you need to make contact with the user, you can press on the **inmu**.

Let the user keep hold of the **inmu** once the transfer is complete - it will make them feel calmer about the next care situation.

PERSONAL CARE

Personal care can be experienced as an unpleasant and humiliating situation when you are ill.

An **inmu** can help make personal care less uncomfortable. It's much more pleasant to be cared for in a calming atmosphere surrounded by soft tones.



Place the **inmu** on the user for a few minutes before starting for example a bed bath, dressing, brushing teeth and so on and allow them to relax.

Let the user enjoy the music and the vibrations and stroke the soft fabric.

During the procedure, the **inmu** can be kept 'awake' by the assistant with just a small movement.

If you need to make contact with the user, you can swing or press on the **inmu** and the user will become more attentive.

Let the user keep hold of the **inmu** once the procedure is over - it will make them feel calmer about the next care situation.

NOTE: The cover of the **inmu** can be washed - the **inmu** is water repellent, and can be wiped with a damp cloth, for example.

WAKING UP

When you have an illness that makes you very weak or are old and frail, it can be hard to stay awake throughout the day.

An **inmu** can help wake someone up gently when they have 'drifted off'.



Let the **inmu** be part of a gentle waking up - swing the **inmu** slowly at the side of the user, if for example you are offering them a glass of juice or dinner, or if you need to move onto the next item in their daily routine.

The gentle music will often awaken their curiosity, provide a glint in the eye, a smile on the lips and a good feeling - all things you need when you feel fuzzy and unfocused mentally.

The golden line on the fabric can awaken the senses and stimulate attention.

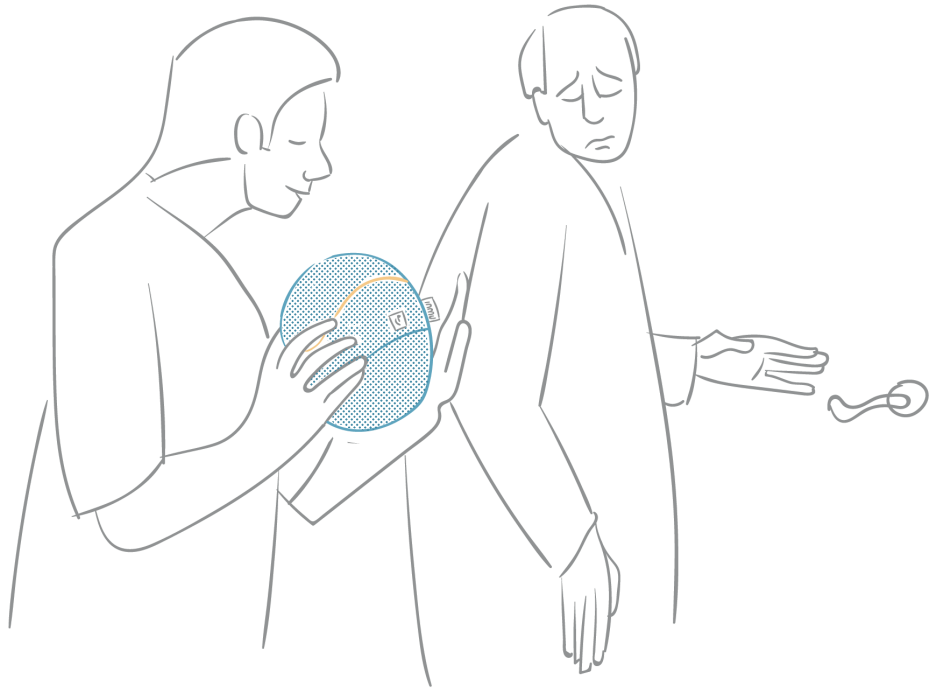
When the **inmu** is used as part of a daily care routine, it can help prevent conflicts and instead create a sense of security and familiarity.

IN CASES OF DISTRESS

When you are ill, your body can be distressed. If the illness is more mental, the distress can be felt in the mind: confusion, intrusive thoughts etc.

This can make it hard to behave in a way that does not disturb one's surroundings: distressed patients can shout, cry, be over-stimulated, try to get up and go, hit and so on.

The calming music of the **inmu** offers peace of body and mind - and the hands have something to occupy themselves with.



Offer the distressed user the **inmu**, for example by pressing on it or swinging it so that they can hear the music.

Or place it on their chest so that they can feel the vibrations. Allow the distressed person to feel the softness of the **inmu**, place one of their hands in the **inmu**'s pocket and give them time to enjoy the sensation of the music and the vibrations.

Let the distressed person keep the **inmu** once they have calmed down - this makes the **inmu** a trusted companion.

NOTE: The **inmu** is durable and can handle being tossed about or falling onto the floor.

MOVEMENT/ACTIVITY

It can be hard to get the physical exercise you need, especially if you have an illness or condition that makes it hard to move on your own volition.

An **inmu** can make it exciting, fun and challenging to get the body moving.



An **inmu** offers a variety of opportunities for activity:

Throw and catch - ideally between several people.

Sitting dance - pass or toss it over to the person sitting next to you or opposite you.

Table curling - push the **inmu** across the table.

Memory games (e.g. 'My ship is loaded with...').

Dance - both sitting, standing and lying.

Sing - let the **inmu** inspire you to sing together.

The **inmu** can also be used in kinesitherapy.

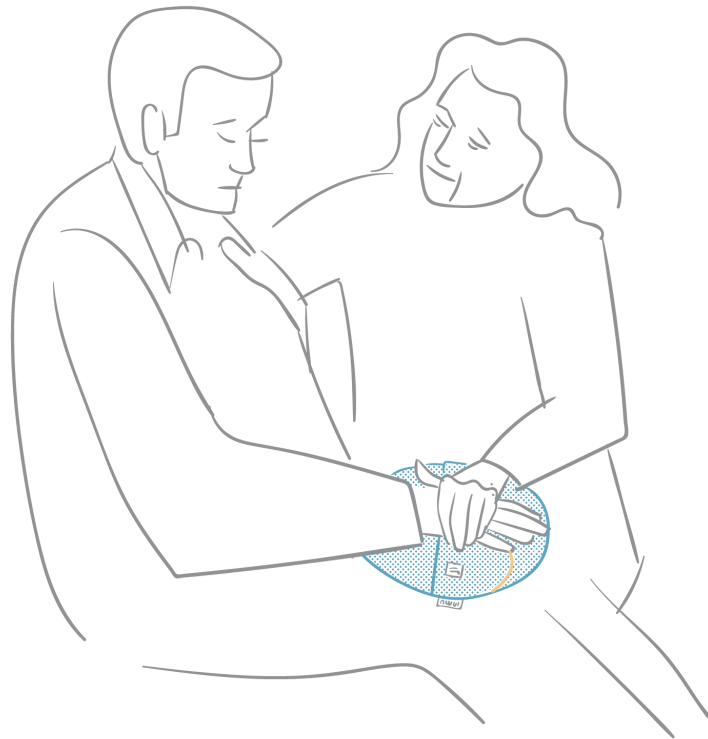
Take the **inmu** in the hand, place the hand in the pocket or under the elastic belt: let it swing in front of or at the side of the body - bend and stretch the arm(s) or use the **inmu** to make endurance/stamina exercises with stretched or bent arms.

NOTE: The **inmu** is durable and can handle being tossed about or falling onto the floor.

COMMUNICATION

Being together with other people and being able to perceive and communicate is one of the most valuable experiences we have as people; but this can be hard if you cannot speak, see, hear, remember or sense your surroundings.

An **inmu** is a dignified and valuable link in connecting people or when you need to meet with them - irrespective of age or illness.



The **inmu** can be used as a social aid between ill people, their family members and caregivers - including as a communication tool, for example in difficult situations where it is important to feel a sense of closeness.

Place your hands on the **inmu** listen to and enjoy the music and feel the vibrations. Together you can explore how the movements, music and touch can trigger thoughts, feelings and memories.

Notice how a moment together can bring a sense of security, a glint in the eye, a smile to the lips, peace of mind, give rise to a gentle touch or a hug - or perhaps to singing or dancing.



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