

# Weighted Therapy

## Weighted Blankets

Weighted blankets can be bought in many different shapes and sizes, and materials.

It is very important to consider the quality of the product of the product you are purchasing. A cheap weighted blanket is unlikely to be of good quality and may be unsafe. Sterile sand is popular as a filling. However, sand blankets cannot be easily washed. Steel shot is very heavy and offers excellent weight density but once again, washing these blankets can be a problem unless the steel shot is in a waterproof outer such as neoprene. Plastic pellets are now the most widely used filling as they are safe, provide a good weight density, have a pleasant feel, and can be put in the washing machine. You should aim to buy a CE marked blanket.

**Size** – One of the generally accepted principles of calculating the correct blanket weight is to take 10% of the user's body weight and then add 1 pound

Bodyweight - STONE	Suggested Blanket weight - LBS	Bodyweight - KGS	Suggested Blanket weight - KGS
3	5.2	19	2.4
4	6.6	25	3.0
5	8.0	32	3.6
6	9.4	38	4.3
7	10.8	45	4.9
8	12.2	51	5.5
9	13.6	57	6.2
10	15.0	64	6.8
11	16.4	70	7.5
12	17.8	76	8.1
13+	18.0	83+	8.2

The size of blanket depends on use. Some people find that having a smaller blanket works well because it is portable, and can be used on the sofa, or in the car as well as in bed.

Adjustable blankets are a very good way of getting the weight and the distribution of weights just right. Weight can be added as the person grows.

## Safety

The blanket should never be used to restrain a person, and should never cover the face. The person should be able to self-remove the blanket, and you should remove it immediately if they show any signs of discomfort or distress. It should not be used on someone who has seizures or could become unconscious under the blanket

## Our Weighted Blankets



### Classic Weighted Blanket – 140 x 110cm

- Weights are sewn into small individual cells keeping them evenly distributed.
- Smaller blanket – ideal for use on bed, sofa, car or wrapped around shoulders.
- No need for cover – washes at 40 degrees c
- CE Approved. Class 1 medical device registered.

Identifier	Blanket weight	User weight
Wbc3	3kg	4 – 5 stone (25-32kg)
Wbc36	3.6kg	5 - 6 stone (32-38kg)
Wbc45	4.5kg	7 - 9 stone (45-57kg)

**User must be weighed at the library before borrowing blanket**



### Adjustable Blanket 150 x 120



Weights are contained within tamper proof pockets. More weight can be added or removed. Individual weights within the blanket have weight stamped on them

- Weight can be redistributed if needed – such as more on the legs.

- Larger blanket size – more suitable for bed
- Blanket fits in a cot size duvet cover.
- Cover needs to be put on.

### CE Marked. Class 1 medical device

Identifier	Blanket weight	User weight
WbAD3	3kg	4 – 5 stone (25-32kg)
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## Weighted and Pressure Clothing

### Weighted Jackets and Hoodies

The deep pressure provided by weighted jackets has a ‘calming and organising’ effect on the body’s proprioceptive system. A weighted vest can benefit people who have ASD or ADHD, who have sensory



processing difficulties or who find sitting still difficult. They can benefit people who have difficulty with awareness of where their body is.



Weighted jackets are designed for the classroom or other passive activities, such as sitting in the car, at work, at a restaurant etc. **They are not recommended for outside play or any other physical activities**

The recommended weight guide is about 5% of body weight.

### Weighted Jacket

- Weights in the shoulder and waist
- Weights can be removed and added.
- Weight guideline is 5% of bodyweight
- CE Marked and class1 medicaldevice
- Wear for 20 – 30 minutes at a time

identifier	Jacket size	Chest (inches	Weight	Minimum child weight
WJsm2	Small	24”-27”	2kg	40kg
Wjmd23	Medium	27 - 30	2.3kg	46kg

Wjlg25	Large	30 - 34	2.5	50kg
Wjxl3	XI	34 - 38	3	60kg
<b>User must be weighed at the library before borrowing</b>				



## Weighted Hoodie

- Contains weights in the shoulders waist and hood.
- Weights can be removed and added
- CE marked and Medical device registered
- Wear for 20 – 30 minutes at a time

identifier	Jacket size	Chest (inches)	Weight	Minimum child weight
WHXS21	Small (child)	27"	2.1kg	42kg
WHSM23	Medium (child)	33"	2.3kg	46g
WHML33	Large (adult)	43"	3.3kg	66kg
<b>User must be weighed at the library before borrowing</b>				

## Weighted Cap



- Using the same idea of pressure input, some people like to feel the input into their scalp where the cap is hidden weights.
- One size adjustable fits from 5 years up to adult.
- Weight 270 grams

## Compression / Bear hug vests



Compression Vests apply deep pressure and proprioceptive feedback to the body and shoulders. Compression vests do not use weight. Instead, deep pressure is applied to the body by the tight wrapping of the vest around the body. Deep pressure has

been found to reduce anxiety and distress by lowering the heart rate and calming breathing which, in turn, promotes a feeling of calmness and security. Some people who have ASD enjoy tight clothing or wrapping themselves up in sheets or a gym mat to give them the pressure they crave. Compression vests are manufactured from antibacterial neoprene which wraps tightly around the body while fully adjustable, detachable, shoulder straps provide deep pressure to the shoulders.

Identifier	Size	Age	Measurements
DPVSM	Small	Approx. 6-7	65x20 shoulder 40cm
DPVMD	Medium	Approx 7 – 14	85x20 shoulder 50cm
DPVLG	Large	Older teens adults	105 x25 shoulder 55cm

## Sensory hug T-shirts

Designed to be worn all day long, giving consistent deep pressure support and sensory feedback. A good quality T-shirt will also have no labels and flat seams to avoid issues with tactile sensitivity.



- Made from cotton lycra
- No labels and with flat seams
- Washes at 40 c
- Short sleeved or long sleeved available

Identifier	Size	Age (approx)	Chest	Short / long
SHSSXXS	XXS	3-5 years	26	Short
SHLSXS	XS	5-7	28	Long
SHSSXS	Small	8-10	30	Short
SHLSMD	Medium	10-12	32	Long

SHSSLG	Large	12-14	34	Short
SHLSXL	XL	14+	36	Long



## Lap Pads and Shoulder Wraps

### Weighted Lap Pad

Apply pressure to legs when in the classroom, or seated anywhere.

- Fire retardant
- Wipe clean
- CE approved and class1 medical device

Identifier	Weight	Age
LPFR1	1kg	children
LPFR2	2kg	Older children adults



### Weighted Shoulder wrap

Apply pressure to shoulders when seated in the classroom, car or anywhere.

One size available to borrow 800grms

Identifier	Wight	Age
SW800	800grms	any



## Body Socks

A 4 way stretch body sock which a person can get inside allowing them to stretch against the fabric getting sensory feedback and improving body awareness. Can also be used as a safe space to calm, reducing outside sensory stimulation.

- Made from lycra,
- Can be used to play inside to stretch against the fabric to gain tactile and pressure input.
- Also used as a 'hideaway' and filled with fiddle toys

Identifier	Size	Measurements	Child height
BSSM	Small	100x60 (60cm opening)	1.1-1.4m
BSMD	Medium	120x68 (63cm opening)	1.3 – 1.6m
BSLG	Large	145x70 (65cm opening)	1.6 – 1.9m