

Sona in senior care

Break through passivity with movement stimulation

Yalp
A NEW WAY
TO PLAY

Dancing and moving together in the outdoors: it's all possible with the Sona interactive! Sona stimulates the elderly in a fun and easy manner. With one another, but also with their grandchildren. The Sona comes with numerous movement games, specifically created for the elderly and the senior care segment.



“I never had my doubts as to whether the Sona fits with seniors. Everyone likes to have fun, right?”

Lia Roovers - De Zellenbergen - Oudenbosch



Staying vital

Most people within care facilities spend relatively too much time inside - remaining inactive. It's a real pity. Going outdoors and moving about together leads to improved cognition, vitality, and joy. It also helps maintain and improve much needed social integration.



Dancing to 'Oldies'

With the Sona, it all boils down to having fun. Accordingly, it comes with at least 10 games. Seniors can dance to the songs they used to listen to in their younger days. It also contains games in which real life scenario's and movements get emulated and re-enacted. Think sweeping a floor, swimming, walking stairs or picking things off the ground. At their own ease and ability, the elderly are able to train both muscle and mind.

Look up all games and rules at www.yalp.nl



Dementia

Sensitivity to music sticks around; even in far advanced stages of dementia. Moving underneath the Sona perfectly fits this target audience, and helps people with dementia and alzheimers to break through passivity and get stimulated by music.