A Visit to the Last Resort

I am going to the Last Resort. Last Resort is a small room in a big office building.

Maybe we will walk in the front door. If I use a wheelchair, we will enter through the front door.
Maybe we will walk in the side door.  
We can go through a pretty courtyard with plants and benches to the side door.
The Last Resort is not a doctor’s office. No shots, no blood draw, no doctor.

I will meet Ms. Marlene

Ms. Marlene is a therapist who can help my body feel relaxed and calm.

She does therapies called TransDermal. Some of the things she does are called Aromatherapy and Reflexology
What is TransDermal therapy? TransDermal Therapy uses oils that smell good.

These oils are called essential oils. They are made from different things that smell good.

Some oils might smell like flowers.

Some will smell like fruits.
Some will smell like spices.

Some might smell like a Christmas tree!
I do not eat these oils. They go on the outside of my body.

I will lie on a soft massage table, or I can sit in a relaxing chair.

Ms. Marlene will put some oil on me and use her hands to massage parts of my body. This will help me feel very relaxed and calm.
Sometimes Ms. Marlene may have a little candle burning or there may be more nice smells in her office. This is called Aromatherapy.

Some smells can also help me feel relaxed and calm. They might smell very nice! If there is a smell I do not like, I can say, “I do not like that smell”, and Ms. Marlene will stop the smell.

If I do not want to talk, I can hold up a happy face or sad face.
What is Reflexology?

Reflexology means there are nerves and other parts of my body inside my feet and hands.

If a therapist presses on different parts of my feet or hands, it might make me feel relaxed and calm.

It does not hurt. It does not tickle. It should feel nice.
Sometimes Ms. Marlene might have some relaxing sounds playing. The sound might be music, or maybe sounds from nature, such as birds singing, rain falling, wind blowing, water rushing, waves crashing. The sounds are very relaxing. If it is too loud, we can ask Ms. Marlene to turn down the volume.
What will we do today?

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Activity for today’s session will be working on my feet

My session will be __30 minutes, __45 minutes or __60 minutes

It will be time to go when the clock looks like this

I will take off my shoes and socks.

Next, I will sit in a reclining chair or lie on a massage table. It is my choice.

I may have a soft blanket to cover up with if I feel cold or just want to feel snuggly.

There will be a teddy bear I can hold, or I may bring my own toy to hold during the session.
I will see 2 pictures I can choose any time

Happy

Sad

If I like something I can hold up the smiling face

If I do not like something I can hold up the sad face
Ms. Marlene will sit near my feet and start by wiping my feet with a nice warm towel.

Then she will put essential oil on my feet. She will put the oil up by my nose so I may smell it first.

If there is a smell I really like, she will put a drop in my hand so I can smell it while she works on my feet.

She will first hold her hands to my feet for a few minutes with her eyes closed and will listen very carefully to the pulses in my feet. This is like listening to my heartbeat.

Then she will work all the reflex points in my feet.

Next, she will do a relaxing foot massage on my feet.
After massaging my feet is all done, Ms. Marlene will ask me to take 3 deep breaths.

1. Breathe in and breathe out
2. Breathe in and breathe out again
3. Breathe in and breathe out one more time.

All done!

This is helps me relax.

Then it will be time to put my shoes back on and make an appointment for next time.

There will be fun things in the office to see and do while I wait for Ms. Marlene to make my next appointment.

Time to go! Bye, see you next time, Ms. Marlene!
Created by

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