

inmuDANCE

BRINGS JOY AND INVITES MOVEMENT



inmuDANCE

– a motion-stimulating experience



SENSE

how the music and vibrations follow your movements and your touch.

LISTEN

to the appealing music universe that will awaken your senses and invite you to move.

FEEL

the rhythm and vibrations with your body.

”

Our goal with inmuDANCE was to create a sensory tool where music, movement and happiness can be experienced at the same time.

Anders Hansen and Toni Marquard,
inventors of the inmu

” *It is the combination that makes it so unique!*

Toni Marquard, co-inventor of the inmu

SENSORY EXPERIENCE

Let your fingers wander along the cover's different tactile structures. Follow the soft waving lines and the pattern on the rubber band. Feel the vibrations with your hands and body.

MUSIC

A rhythmical music universe inspired by the 1960's energetic bossa nova will start to unfold when you hold the **inmuDANCE** in your hands. Listen to the music and experience how it comes to life when you stroke, squeeze or swing **inmuDANCE**.

MOVEMENT

The music and rhythm encourage movement. It develops and intensifies depending on how you move with the **inmuDANCE**. Let the music flow and move with it as it develops, or create a rhythm of your own – the music will follow.

INDEPENDENCE

inmuDANCE has no control buttons. Even weak or elderly people are able to activate the music. The music will start when you lift the **inmu** and will automatically stop when you put it down. You decide how and when the music plays.



” *It really lifts ones spirits. It's lovely to hold. It's fun. It makes one want to dance.*

Girl, 12 years

” *The cushion arouses the curiosity of dementia patients. They move the cushion from one hand to the other and hold it against their face. Those that are normally quiet and passive will come to life and smile. The fact that they themselves can affect the music just by touching the cushion gives them a great feeling of satisfaction.*

Occupational therapist at a nursing home



” *We cannot change the fate and living conditions for the residents, but with the **inmu**, we can change their environment.*

Occupational therapist at nursing home





ACTIVITY AND HAPPINESS

inmuDANCE can be the center when you meet for an active afternoon. **inmuDANCE** allows various forms of dancing. It urge to move and can involve playing or gymnastics, musical chairs or training. It's always fun to move together – regardless of age.

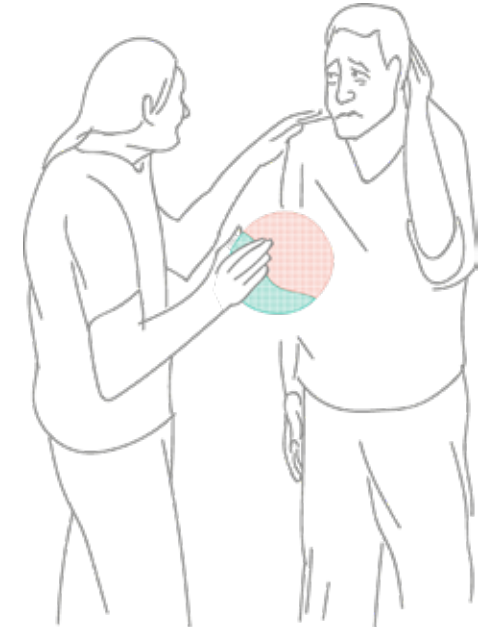


HIGH OR LOW AROUSAL

inmuDANCE can meet you where you are right now. Too many sensory impressions during the day can leave us frustrated and insecure about ourselves and our surroundings, whether we are big or small. **inmuDANCE** can help you with sensing and rediscovering your own boundaries. You can play loud music and give the entire **inmu** 'orchestra' a proper dealing by moving around wildly. You can make slow movements and listen to how the music calmly follows you. You can also squeeze the **inmuDANCE** into your body and sense the vibrations and the rhythm.

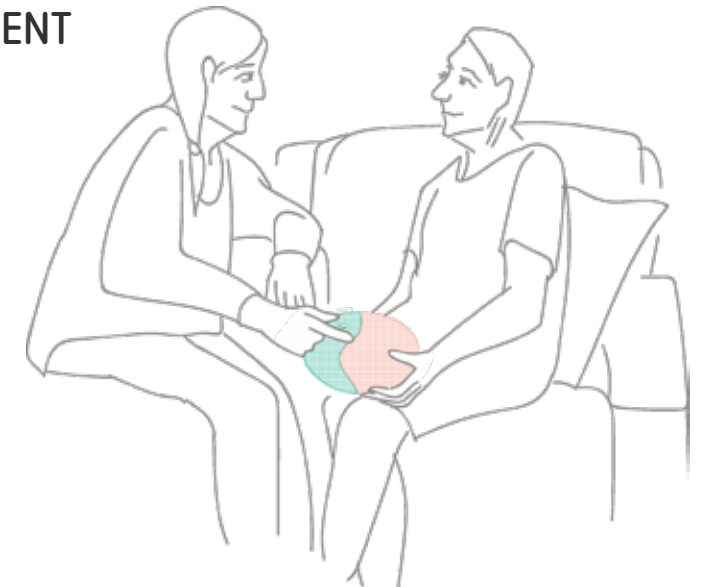
UNREST IN BODY AND HEAD

Unrest and discomfort can be experienced as, among other things, bodily restlessness and pain. Unrest can also be experienced as excessive thoughts, lack of concentration and fear. Bodily movement, stretching muscles and fresh oxygen for the head can feel soothing and get us to think about other things. While holding **inmuDANCE**, it will be very hard to not want to move. You can determine your own rhythm, explore the 'orchestra' or a smoochy dance.



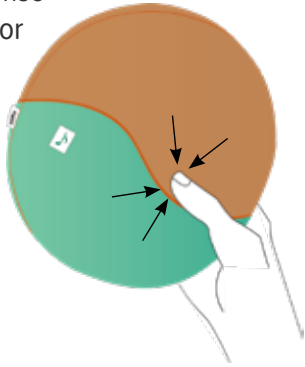
TOGETHERNESS AND ENCOURAGEMENT

inmuDANCE is exciting and a fun object to act as a Common Third. You might want to dance together or sing your own song. In everyday life as well as during difficult life situations, it can be nice to have something on your hands. **inmuDANCE** can encourage, bring a smile to your face and open up for shared joys and shared memories.



A sensory cushion that can feel you

inmuDANCE can sense you. Patented sensor technology picks up your touch.



Removable and machine washable cover. The inner cover is water repellent.



The cover consists of three different types of fabric that vary in tactility. The broad rubber band that can be used on both sides of the inmu offers good support as a handle.



Rechargeable battery: Needs charging every 2-3 weeks at typical use.



Stuffing made from natural materials of horse hair and latex.



Interactive, happy and rhythmical music that responds to your touch and movement. The music is composed by advanced artificial intelligence (AI) software.

Designed for active use: Durable materials, robust—handles moderate shocks and drops on the floor.

Design was integral from the start

inmuDANCE wants to be touched

You immediately want to touch the inmuDANCE. The inmu's beautiful shape feels nice to hold. The cover has a good balance between tactile stimulation and a smooth surface. The fabrics were chosen to stimulate the senses. The colour is harmonized so it is inviting, it creates curiosity and encouragement to touch and at the same time it can be a dignified, stylish and natural part of daily life. And last but not least, the fabrics were chosen to each contain an element of memory. Especially elderly people will be able to recognize them and this also allows for fun and good conversation.

Music, tactility and movement in one

inmuDANCE was designed to create a close connection between:

- the music universe that is happy and rhythmic and has exciting elements that draw attention.
- touch and movement patterns, which reflects in the music.
- vibrations, which allows you to feel yourself.
- the cover which provides visual and tactile stimulation.

inmutouch.com ApS won a Danish Design Award in 2018 for the product inmuRELAX. An excerpt from the jury's statement: 'A high-tech design solution for a specialised area, disguised as an attractive cushion in quality materials. ... The cushion reaches out to the user through music in a form that goes beyond hi-fi and high-tech.'



”

When we developed inmuDANCE, we knew from the beginning that the design was an integral part of the product. We focused on functionality, but also on creating something beautiful and sensuous. This makes inmuDANCE an aesthetic experience that speaks to our senses and emotions.

Anders Hansen and Toni Marquard,
inventors of the inmu



inmuDANCE can be of help when there is a need for distraction from discomfort and pain. The **inmu** can also stimulate self-participation in personal care which can allow for a pleasant and fun experience, while at the same time arousing the senses. Listen to the music, sense the vibrations, hold the **inmu** in your hands, place one hand or arm beneath the rubber band and follow the rhythm. **inmuDANCE** can be used during a regular routine and can function as "contact island".



”

*I always have the **inmu**'s with me when I talk about dementia with students.*

Developmental therapist and teacher at social and health education



”

*We use **inmuDANCE** to place on a resident's body so she can sense her body. I will place it on her thigh for example and then on her stomach. Afterwards it will be a lot easier to help her get washed and dressed.*

Pedagogy student at a residence for physically and mentally disabled residents



”

*We use both the **inmuRELAX** and **inmuDANCE** for restless residents. Both the music and the touching works calming.*

Manager at a nursing home

”

*... Also for the employees it calms to use **inmuDANCE**. It is a good tool for making contact with the residents.*

Musical therapist at a residence for physically and mentally disabled residents

”

*I have no idea where it is right now! **inmuDANCE** is always in use.*

Department manager at a care centre

"CONTACT ISLAND"

“Contact Island” is the term for a daily recurring contact-promoting activity between resident (patient) and staff. It can also be an object that can be used as a 'safe object', for example in daily care. When the “contact island” or the object is being used, the person knows what is going to happen, e.g. dressing or undressing.

AROUSAL

Arousal: Susceptibility to sensory impressions.

Hypoarousal: Too weak, low or non-existent susceptibility to sensory impressions. The individual can be apathetic and show no interest in stimuli and contact. Muscle tone is low. It is hard to learn something because there is not enough energy going towards the brain.

Hyperarousal: Increased, high or too much susceptibility to sensory impressions. Individuals can be too tense, nervous, restless, constantly seeking and flailing. They have difficulty with keeping calm and eliminating irrelevant sensory impressions; they interfere and often disturb others.

MUSIC AS MEDICINE

Music is medicine for the soul and mind. Music can bring us happiness, bring a smile to our face, calm us down and allow us to be more thoughtful. Research shows that music has a unique way of stimulating the brain and can even heal a damaged brain. Even though our brain is actually working “overtime” when we interact with music, it is precisely this what creates the miracle. Music in a way, is able to bypass that place in the brain where the damage can be found. This is possible because music is not just a connection between A and B in the brain and nervous system, but it also involves memories. This also applies to memories of movement within the body, emotions, word formation and all the senses. This is why the brain can find a lot of connections to relate to. Music or music related stimulation, can even get those who are incapable of moving, for example by Parkinson’s disease, to rise up and dance. Individuals who suffer from speech impairment can sing and remember lyrics with the help of music.

The **inmu** is the world’s first tool to help with sensory stimulation that uses interactive music, in this case music that can you can influence and co-create. The music universe in **inmuDANCE** is created by and changes through your own movements. This has an eminent effect on the brain. The small changes within the music universe arouses curiosity within our brain and can stimulate our brain to form new connections – this keeps us interested.

The Danish neuropsychological researcher, author and physiotherapist Peter Thybo says that for him, music is one of the most important tools when it comes to stimulating the senses. Music is fundamental to us humans. It’s about consciously using music during everyday care. It only takes a few sensory stimuli to form new connections within the brain. When this happens through a process where multiple senses work together in the presence of an inactive element, “harmony” is formed within the brain. And this is very good for our mental health, he emphasizes.

THE 7 SENSES

Charlotte Voetmann is one of Denmark’s leading experts in sensory stimulation and neuropsychological methods. She has worked and taught in sensory stimulation in relation to dementia and other cognitive disorders for many years. She says: “We have seven senses. The most important senses are the sense of touch and the movement senses. Then we have the sense of balance. Only then the hearing, sight, taste and smell senses come – these are only the spices of life!” She has experienced that a balance between the senses will lead to a bodily balance. This is important to not become physically and emotionally unstable.

SKIN HUNGER

The skin is our largest sensory organ. Skin hunger occurs when we don’t have skin to skin contact with other people. When we don’t experience regular touching, we shut ourselves off and we become lonely, even when we are surrounded by other people. This can, among other things, result in anxiety. A single daily touch, a handshake or a hand on the shoulder can be enough to open ourselves up. It reduces anxiety, builds trust, allows for interconnection and gives confidence, says Charlotte Voetmann.

Read more and view the videos about sensory stimulation at [inmutouch.com](https://www.inmutouch.com)



inmuDANCE invites movement with its interactive, happy and rhythmic music. Brain damage – from birth or later acquired – often causes cognitive problems. The possibility of recovering what was lost through rehabilitation, largely depends on finding “a path” into the brain. Learning does not only happen through our brain and what we understand through our intellect, but also through the body.

inmuDANCE was created to fit nicely in your hands and to be easily taken everywhere, which makes it a unique stimulation tool. It can be used where necessary and for everything it can contribute to – your imagination is the limit.

inmuDANCE appeals to the senses with its fresh colours and the cover’s various structures. Our senses are vital to us humans. The most important senses are sense of touch/sensing through the skin and muscle/joint senses. The vibrations and the tactile elements in **inmuDANCE** can be of help when there is a need to feel yourself. The music and the music’s rhythm stimulate movement. This way **inmuDANCE** can help stimulate you to discover the world around you and to help you sense your physical and mental boundaries.

” *I have very good experiences with the **inmu**'s. We have for example a lady with late state dementia who dances around with **inmuDANCE**. I always have the **inmu**'s with me when I teach. It gives great insight in what it means to work with hypo-arousal and hyperarousal. Showing the **inmu**'s has a great effect.*

Neuropedago who teaches in neuro psychology and dementia



” *Our activity employee loves it and uses **inmuDANCE** as a tool to stimulate arousal during activities. The use has a great effect. Several residents are more susceptible and active and participate better in activities. The single teams will be responsible for planning the use of **inmuDANCE** from now on. The **inmu** is used in the neuroscientific area so it is important that there is a professional dialogue about suitability and meaningfulness in different situations.*

Manager of housing for people with acquired brain injury

” *The **inmuDANCE** is great! It has met our expectations and more. My daughter is much more lively and very happy with the **inmu**. Even though she has difficulty walking, she dances and has fun with it.*

Mother to a daughter in her thirties who suffers from a developmental disability and has no verbal language



inmuDANCE for play and learning

When children get their hands on **inmuDANCE** they can't help but move around. Intuitively they throw and roll it, stick a hand or foot underneath the rubber band and "make sounds" with it. And of course they also dance with it. Rarely is it necessary to tell them they can create their own rhythm with the tambourine.



” *When you swing it side wards and up it sounds very much like a circus.*

Girl, 11 years



” *They are so happy with the **inmu's**. The children mostly play on the ground with the **inmu's** and roll around with it.*

24 hour relief institution for children between the ages of 2-12 with developmental disabilities



” *When we started using it, the child was severely stressed. He couldn't leave the house and showed signs of anxiety. The child looks for the **inmuDANCE** when he is out at the playground nearby. He uses it to calm himself when other children pass by. He holds it close to his ear, listens to the music and senses the vibrations. He often uses it instead of his headphones. As a result, he can enjoy activities longer than normal.*

*In general the **inmu's** has helped to regulate his arousal. The fact that the child can be regulated and be helped to calm down, results in him being able to participate in for example training situations. The cushion has a great effect on the child. He goes around looking for it and regulates the level of arousal when he comes home from day care.*

Occupational therapist about a 6-year-old boy with autism, who has little spontaneous language

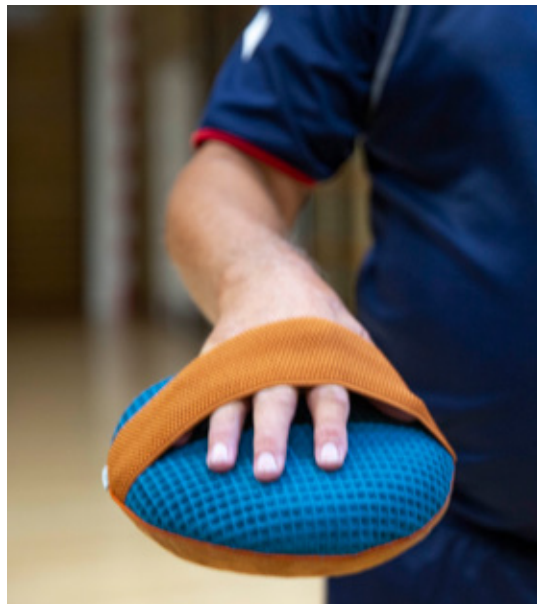
inmuDANCE was created for movement

inmuDANCE is exciting and "challenging" – it invites activity and movement. Changes in the music let you know that you are moving. You can feel the vibrations with your hands and body.

The inmu's weight and shape make it a great tool. It's robust and can be for example dropped on the floor.

The rubber band works as a good "handle". It makes the inmuDANCE easy to grab and hold on to, which also makes it easy to take along – simple and intuitive – also for physically disabled individuals.

The cover's various fabrics stimulate the sense of touch and gives restless hands something to do.



” *We participated in an afternoon full of activities where 14 residents and staff sat round in a circle. They danced and carried out activities with the inmuDANCE. I think we sat there for almost an hour. The staff is very dedicated.*

inmu employee visiting a care centre



” *The inmu's spread great joy when the residents throw them to each other. They are not 'dangerous' because they are soft and not hard like a ball. When the inmu's are used in physical activity, their focus is not directed towards the sound, but on the movement: for example, to throw or push the inmu among them. Sometimes I'll direct their awareness to the sound, which makes the residents hold the inmu up to their ears. It gives them a natural break in the physical activity and shows that the music has a positive effect.*

Social worker at nursing home

inmuDANCE in everyday life

Make the user feel safe using the inmu.

Let inmuDANCE be a part of daily life—leave it lying around, make the user aware of it through daily activities, and use it when together with several users at the same time. That way, it becomes a social unifier.

inmuDANCE is great to "wake you up" and motivate movement. Let the user hold inmuDANCE and possibly help with moving it around so the user can feel the rhythm. Softly pressing the inmu changes the music universe and greater movements lead to several musical elements. Swing inmuDANCE from side to side, up and down – use one or both hands or place one hand underneath the rubber band.

Stimulation of the senses.

Gently move inmuDANCE back and forth and then place it on to the user's breast, stomach or in their lap. Let the user sense the vibrations with their body. If the user is lying down you can move inmuDANCE around on the body. Allow some time to experience how the music and vibrations move across the body. The broad rubber band can be turned over so it can be used on both sides of inmuDANCE. This makes it easier to sense the details and surfaces. If the user is visually impaired, it can be a good idea to draw attention to the inmu's shape and follow the edging all the way around.

No movement—no music.

The changes in the music motivate movement and make inmuDANCE an ideal tool for activity therapy. Let the user hold the inmu in one or both hands. While you listen to the music, gently bend and stretch their arms. Lift inmuDANCE using both hands, and move it up and down or from side to side in a pace suitable for the user. Let a group of users play throw-and-catch. Push inmuDANCE across a table, and draw the user's attention to listening to the music or the physical movement.

Socializing with inmuDANCE

To be together and to understand and communicate with other people are among the most valuable human experiences. But it can be a tough challenge if you cannot talk, see, hear, remember, or sense your surroundings. A smile is the shortest distance between two people, is what people say. The music in inmuDANCE is full of smiles and fun. inmuDANCE is an exciting and dignified tool when people feel the need for togetherness or feel the need to “meet” – regardless of age and illness.



” *The elderly are always more present when they hear music, and the music creates a good mood.*

Occupational therapist at a nursing home

” *For some of the residents it’s not just about the sounds, but to have the inmu in their hands and follow the lines of the fabric, a talk about the resident for example sewing something with that fabric. The cushion stimulates conversation about what one hears but it also awakens memories. Some of the residents talk about their memories of their own life.*

Social worker at a nursing home

THE COMMON THIRD

”The Common Third” is a method where an object is used to strengthen social interaction between two or more people. Something they can have in common, even without verbal communication or relating to each other.

” *As soon as my grandfather got a hold of inmuDANCE, he started to tap along to the beat and hum along with the music. The music reminds him of the old days. The inmu made it easier to be together and we sang and had fun together.*

Grown up grandchild to a man with Alzheimer’s disease



Technical Specifications

MATERIALS:

Cover: 50% cotton, 25% polyester and 25% recycled polyester.
Inner lining: Water repellent polyester.
Filling: Rubberized horse hair.

WASHING INSTRUCTIONS:

The cover is machine washable at 60°C.

DIMENSIONS AND WEIGHT:

22 cm x 23 cm and 520g (without shipping box).

CHARGER:

240V or 110V charger enclosed.

BATTERY LIFETIME:

Lithium-ion battery (rechargeable). Up to three weeks between charging with regular use.

RESILIENCE:

Can absorb moderate shocks, i.e., being dropped on the floor.

ENVIRONMENT AND RECYCLING:

We try to use recyclable materials that are as natural and hypoallergenic as possible.

WARRANTY:

2 years.

Danish Design



inmutouch.com ApS

info@inmutouch.com

www.inmutouch.com