

# Manual for supervisors

## Introducing the vest

When counseling a user, introduce the vest when the user is relaxed and give enough time to get used to wearing it without inflating.

Once the user is comfortable with the empty vest, you can inflate it and start it in a quiet situation. The duration of inflation varies from person to person. Once the user is used to inflating the vest in relaxed situations, it can also be used in cases of tension, anxiety or overstimulation.

## Inflating and deflating the vest

The guidance needed in using the pressure vest depends on communication skills of the user. Always listen to the user's needs. Some know themselves well when they need pressure and use the vest independently. Others need more help. Then give them hints on how to inflate or deflate the vest.

Encourage them to do it themselves as much as possible so they feel in control. Even if it is difficult to determine when the vest is needed, they may be able to operate the pump independently.

## How long do you keep the pressure vest inflated?

Our advice is to keep the vest inflated for about 20 minutes and then leave it empty for at least 20 minutes before re-inflating. This keeps the user aware of the pressure on his or her body and allows the pressure to be felt. By alternating between pressure and no pressure, the body also responds the same to the pressure each time. There is no harm in keeping the vest inflated for longer than 20 minutes if the user indicates that he or she feels comfortable doing so. The pressure vest can be worn throughout the day; it provides no pressure when not inflated. By keeping it on, the pressure vest is always at hand when needed.

It may feel warm to the touch, though.

## Determine when to deploy the pressure vest

The vest can be used when there is a need for deep pressure. This can also be preventative to avoid over-pressure, frustration and anxiety. You can deploy the pressure vest at set times for a certain amount of time. Or the vest is used during certain activities. Or you deploy the pressure vest in case of tension: the vest is used in case of under- or overstimulation.

## Starting you do so

We recommend that you initially choose 1 - 2 situations where you are going to try the vest. Once you know more about the reaction, you can expand the use.



# SQUEASE™

# Adjusting the pressure vest

## Putting on the pressure vest

Always have the user wear something under the pressure vest; a T-shirt or camisole. If possible, adjust the vest standing for a better fit. Start by adjusting all Velcro parts to the widest position. Put on the vest, making sure the zipper is closed all the way to the top. Pull the vest down, then tighten the sections in the side, pump up the vest and then adjust the shoulder sections.

For the best fit, check that:

- The uninflated vest sits loosely along the body. Your hand can still easily fit between the body and the empty vest.
- The Velcro on both sides is adjusted about the same so that the vest sits symmetrically.
- The hooks of the Velcro are completely covered.
- In case of panic you can quickly remove the pressure by pulling off the vest using the zipper or by opening the Velcro parts.

## Inflating & deflating the pressure vest

Squeeze the hand pump repeatedly to inflate the vest so that the user feels a comfortable firm pressure. To deflate the pressure vest again, hold down the button on the hand pump.



## Wearing own clothing over the pressure vest

Users can put on their own clothing over the pressure vest. Because the vest is relatively thin, even when inflated, you can hardly see it when wearing a hooded vest, sweater or blouse over it.

## Tucking away the hand pump

The hand pump can be tucked away in several ways:

- In the pocket of pants or jeans
- By attaching the air hose to the vest using the Squeeze flap.

## Disconnecting the hand pump

If desired, the tube can be shortened, by pulling it loose and cutting a piece off with scissors. It is also possible to disconnect the pump. With the coupling in the air hose, the pump can be disconnected. Press the button and pull the two parts of the coupling apart. The ventiel closes and the pressure vest just stays inflated!

To further inflate or deflate the vest, the hand pump must first be reconnected. When connecting it, make sure you hear a “click” indicating that it is properly connected.

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