



TAC PAC

What is TAC PAC?

TAC PAC is a therapeutic program that uses sensory stimulation to support communication, relaxation, and emotional wellbeing. It's mainly used with individuals who may struggle with verbal communication or who need extra help with sensory processing. TAC PAC combines touch, sound, and movement in a structured, calming way.

How Does TAC PAC Work?

TAC PAC involves a series of activities designed to engage the senses:

1. **Touch:** Gentle touch is used to create a connection between the therapist and the individual.
2. **Sound:** Soothing music or sounds accompany the activities to help calm and relax.
3. **Movement:** Movement patterns are used to help regulate sensory input and provide structure.

Each session is personalised to meet the needs of the individual, helping them feel more connected and relaxed.

Who Can Benefit from TAC PAC?

TAC PAC is often used for people who have:

- Autism Spectrum Disorder (ASD)
- Sensory processing difficulties
- Learning disabilities
- Communication challenges
- Emotional or behavioral difficulties

It can also be helpful for anyone who benefits from sensory stimulation to improve focus, relaxation, and communication skills.



What to Expect in a TAC PAC Session?

1. **Warm-Up:** Sessions begin with a calming routine to help the individual settle in and feel safe.
2. **Interactive Activities:** The therapist guides the individual through a series of movements and sensory experiences.
3. **Relaxation:** Sessions end with a calming activity, allowing the person to unwind.

TAC PAC sessions are often carried out in a quiet, distraction-free space to make the experience as comfortable as possible.

Key Benefits of TAC PAC

- **Improved Communication:** By stimulating the senses, TAC PAC can help encourage communication and engagement.
- **Increased Relaxation:** The sensory activities are designed to promote relaxation and reduce stress.
- **Better Emotional Regulation:** TAC PAC helps individuals feel more in control of their emotions and behaviors.
- **Personalised Approach:** Each session is tailored to the individual's needs, preferences, and abilities.

TAC PAC is a gentle and soothing approach that focuses on supporting each person's unique sensory needs, creating a peaceful and encouraging environment for growth and communication.