

Exploring the senses at Hengist Field Care Home



Our residents here at Hengist Field Care Home had the opportunity to explore their sense of smell on Thursday 14 April and to see if they could guess the scent correctly from a selection of scented wax pots.

Some of our ladies and gents recognised the different scents immediately, while others couldn't guess at all. We found that the stronger scents like eucalyptus and peppermint were easier to recognise than the much milder scents like raspberry or baby powder.

This sensory activity was available for everybody to try and each resident was able to let us know whether they liked the smells or not.