



ROKI ROCKING CHAIR

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Rocking chairs have long been associated with comfort and relaxation, but recent studies have shown that they offer much more than just a cozy place to sit, especially for individuals living with dementia. Research conducted by the University of Rochester's School of Nursing has highlighted the significant therapeutic benefits of rocking chair use for nursing home residents with advanced dementia. These findings suggest that the simple act of rocking can be a powerful tool in improving the quality of life for those affected by this challenging condition.

Releasing Endorphins and Reducing Pain

One of the key benefits identified by the University of Rochester's study is that the mild, rhythmic exercise of rocking can trigger the release of endorphins—natural chemicals in the brain that promote feelings of happiness and well-being. For individuals with dementia, who often experience periods of agitation, anxiety, and distress, this release of endorphins can lead to noticeable improvements in mood. Additionally, the gentle motion of rocking has been found to help reduce pain, providing a soothing effect that can enhance overall comfort.

Made in Melbourne, the Roki Rocking chair has been designed with comfort, relaxation and durability in mind. It can be tailored to suit existing furniture with fabric options in residential, commercial and Aged Care fabrics, including Tritan, Crypton and bleachable vinyls.



Find out More



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The University of Rochester, School of Nursing in Rochester, NY has conducted two studies evaluating the therapeutic benefits of rocking chair use. The latest study "Management of Acute Distress with Rocking Chair Therapy", funded by the New York State Department of Health, evaluated a method for improving the psychological well being of nursing home residents with severely progressed dementia. The study suggested that the mild exercise of rocking may release endorphins and improve mood as well as reduce pain. After determining that rocking in platform rocking chairs produced a soothing effect, instructional materials were produced and are used by a large number of care providers in a variety of settings across the country and around the world to improve the well being of persons with dementia.

Nancy. M. Watson, PhD, RN, who conducted the studies said "It's been very well documented with infants that a gentle repetitive motion has a soothing effect. We've shown that the same is true in an older population that is emotionally distressed." She is an Associate Professor at the University of Rochester School of Nursing and the Director of Center for Clinical Research on Aging.

Their research showed that seniors could literally rock away their anxiety and depression. The patients required less medication and their balance improved as well.

Further benefits included a happier nursing home staff. Families of rocking seniors were happier because their loved ones were happier. One intervention (rocking) produced six benefits, and effected many people in a positive way.

University Of Rochester. "As Elders Rock, Emotional Burden Of Dementia Eases." ScienceDaily. ScienceDaily, 1 May 1998

The Roki is available in a wide range of fabric options including residential, commercial and Aged Care fabrics, including Tritan, Crypton and bleachable vinyls.

Specifications

Height: 900
Width: 630
Depth: 850
Seat Height : 440
Seat Width: 440
Seat Depth: 500



Fabric

Choose from a wide range of fabrics.



The Roki is pictured in Wortley Tessuto Vinyl on the inside, and Materialised Eucalptus Bud in Stone on Zircon Zem, printed on Zircon Zem on the outside - both suitable for aged care.

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