

THE WCR LEARNING COMMUNITY

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Canada



WelcomeBC



Lisa Fraser is holding a vest. She designed the vest to help calm people with special needs. Photograph by Gerry Kahrmann/*The Vancouver Sun*

A vest helps special-needs children

Adapted from *The Vancouver Sun*

Level 3

Lisa Fraser is 24 years old.
She is a Vancouver designer.
She has a company.
It is called Squeezease Therapy.
Lisa's company makes vests to **comfort** children with **special-needs** like autism and ADHD.
The name of her vest is called "**Snug Vest**".

What is a Snug Vest?

Lisa's Snug Vests hug the body.
The size of the vest is **adjustable**.
The vests can put different kinds of **pressure** on the body.
The pressure is adjustable, too.
So the Snug Vest can give different kinds of hugs.
Lisa says hugs can calm the mind.
Hugs can also help people with stress and anxiety.

Lisa's past

In the past, Lisa worked with special-needs children.
She taught these children how to swim.
She also volunteered in a classroom.
Sometimes the children became upset.
Lisa wanted to comfort them.
So she hugged them.
The children calmed down.

Lisa's education

Lisa studied at Emily Carr University of Art and Design.
One day, she got an idea to make a hug vest that could give someone a hug.
In 2010, she made her first vest.
Later she improved it.

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She made about 100 vests before she made the right one.

Parents with special-needs children tried the vests.

They tested the vests on their children.

The vests worked.

The children felt calm and relaxed.

Parents were happy. They are not always there to hug their children.

Parents and **therapists** wanted Lisa to continue making her vests to help their children.

What is deep pressure therapy?

Lisa's vest uses "deep pressure therapy".

Pressure is like a hug.

When someone gives a child a hug, it puts pressure on the body.

Some therapists and parents may roll children in a blanket.

Others hold, squeeze, or massage a child.

Sometimes they put weights on a child's body.

But sometimes weights can hurt a child's body.

Lisa's vests do not use weights.

Her vests use air to put pressure on the shoulders, back and sides of a person.

It feels like a big hug.

These vests have a pump to add more or less air.

Other reasons people like Snug Vests

The vests look good.

One father says the vest is very fast-acting.

It helps his son feel good right away.

One great thing is that the vest is not medicine, so it does not have side-effects.

The Snug Vest is reasonable, too.

It costs \$295.

It comes in three children's sizes and three adult sizes.

If the Snug Vest does not help, you can get your money back.

If you are a parent and have a child with autism, the B.C. government can buy the vest for you.

The Ministry of Child and Family Development in the government can buy the vest with autism funding.



Different styles of Snug Vest
Photo by Hendrik Zurmussen



Trey wears a vest.
Trey has autism.
Photo by
Dawnmarie Tastor



Danny wears
a Snug Vest.
Danny has autism.
Photo by David Neagly

(Vocabulary and Exercise on the next page.)

Vocabulary:

- **comfort:** relax; calm; quiet down
He enjoyed the comfort of warm milk before bedtime.
- **special-needs:** people who need help for disabilities that may be medical, mental, or psychological; they have difficulty learning and communicating.
People with [autism](#), [Down syndrome](#), [dyslexia](#), [blindness](#), or [cystic fibrosis](#) may be considered to have special needs.
- **snug:** something comfortable that makes someone feel cosy and safe
He felt snug in his new vest.
- **adjustable:** something that can be changed
The vest is adjustable. Children can make it tighter or looser.
- **pressure:** pushing; adding weight to something
She put pressure on her cut to stop the bleeding.
- **therapists:** professionals who treat physical and mental disorders.
After my car accident, my physical therapist gave me exercises to do every day.

Exercise:

Comprehension questions.

Do your best to answer the questions in full sentences.

1. Who is Lisa Fraser?
2. How old is she?
3. What is the name of her company?
4. What is the name of her vest?
5. Why are Lisa's vests special?
6. Where did Lisa work and volunteer?
7. Where did she invent her vest?
8. Who wears her vest?
9. Why do people like her vest?
10. What does Lisa say about hugs?
11. How much does her vest cost?
12. How many sizes of vests does Lisa sell?

(Answers and Links are on the next page)

Answers:

1. She is a Vancouver designer.
2. She is 24 years old.
3. The name of her company is Squeezease Therapy.
4. The name of her vest is "Snug Vest".
5. Answers may vary.
For example: Her vests are adaptable.
They can add different kinds of pressure.
Her vests hug special-needs children.
6. She taught swimming.
She volunteered in a classroom.
7. Lisa invented the vest at Emily Carr University of Art and Design.
8. Special-needs children wear her vest.
9. Answers may vary. Her vest looks good.
It is fast-acting. It has no side-effects (like medication does).
10. Hugs comfort people.
11. Her vest costs \$295.00.
12. She sells six sizes of vests (three for children and three for adults).

Links:

Lisa Fraser's website:

<http://www.snugvest.com/>

Learn more about Deep Pressure Therapy Information:

<http://snugvest.com/deep-pressure-therapy/overview/>

Watch a video about a family who uses Snug Vest:

<http://www.snugvest.com/snug-vest-featured-on-cbc-news/>