

SENSORY PROCESSING

TOP TIPS



Sensory processing is our ability to take in information through our senses and organize it so that we are able to respond appropriately to particular situations and environmental demands. Some individuals may have major problems in handling the variety of sensations that we normally take for granted. Subsequently, they may find even common sensations confusing or frightening and have further difficulty comprehending and communication what they are experiencing.

Tops Tips when Sensory Processing becomes Challenging

To identify possible sensory impacts on behaviour, we need to carefully observe what is happening for that individual. Is there

- Too little stimulation (Hyposensitivity): May feel bored, under stimulated, under aroused. When feeling underwhelmed, the person may end up seeking stimulation or attention.
- Just enough: The person may present as happy, content and able to engage in activities without difficulty.
- Too much stimulation (Hypersensitivity): May feel overwhelmed, overstimulated or overloaded. The person may eliminate or minimise sensory overload by avoiding. They may react with a 'Fight' response (responding with anger, irritability), or 'Flight' (responding with avoidance, fear or withdrawal) or 'Freeze' response (simply shutting down).
- Consider the possible effects of the seven seas. These senses include touch, smell, taste and sound as well as hidden senses that enable us to detect movement and have an awareness of our bodies in space.
- Have a good understanding of the individual's sensory preferences and sensitivities.
- Introduce sensory items/activities or approaches that are calming or alerting to help the situation.

