

It Feels Different to Me

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Agenda

- Opening/Welcome/Introduction
- Occupational Therapy Questionnaire
- Imagine if....
- What is Sensory Integration?
- What is Sensory Dysfunction?
- Hearing, Vision, Touch, Taste, Smell, Vestibular and Proprioception

Agenda continued

- Kids to Adults
- Red Flags
- How do we recognize Sensory Overload?
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- What Can we do? OT, PT, SLP, ITDS ideas
- Help in the Community
- Resources

Sensory Questionnaire

- Do you avoid crowds? Or lack of?
- Do you avoid specific textures? Spices?
- Do you bite your fingernails? Gum?
- Do you need total darkness to sleep?
- Do rhythmic noises bother you? Or Quiet?
- Do you like heavy covers? Or light ones?
- Are you clumsy? Or VERY careful?
- Do you like routine? Or spontaneity?

Kids to Adults

- Group responses:

similarities between kids/adults

Coping mechanisms of adults:

Caffeine

Rage

OCD

Avoidance

Emotional responses

Smoking

Loud/soft music

Substance abuse

Illness

How Do We Recognize Sensory Overload ?

- Withdrawn
- Hands over ears
- Short temper
- Hands over eyes
- No eye contact
- Running away
- Avoidance
- Hiding head

Overload Continued

- Gets upset when they get messy
- Acting out
- Fight or flight
- Aggressive
- Resisitive
- Whining
- Tippy toe walking
- High pitch voice

How Do We Recognize Sensory Underload?

- Very quiet
- Withdrawn
- Eats everything
- Clumsy
- Stuff mouth at mealtime
- Drool
- Lethargic
- Slumpy posture

Sensory Underload Continued

- High stepping
- Running, jumping banging into objects
- Loud voice, shouting
- Thrill seekers
- Crashing into furniture, people
- Spinning
- Eat spicy foods
- Sloppy, messy, unaware

WHERE DOES INFORMATION COME FROM?

- Tactile: Input from touch.
- Vestibular: Input from inner ear, gravity, movement and position in space.
- Proprioceptive: Input from muscles and joints about body position, weight.
- Auditory: Input from hearing.
- Oral: Input from the mouth.
- Olfactory: Input from smell.
- Visual: Input from the eyes.

Red Flags

- OT: Difficulty in Feeding? Attention and Behavior? Learning Motor Skills?
- ST: Desire to communicate? Ways to communicate? Reinforcement? Drooling/Oral motor Problems?
- ITDS: Difficulty Learning: cognitive skills? fine/gross motor skills? how to request/communicate and how to behave in the family's daily routines?

DEFINITION OF S.I.

S.I. Is the developmental progression where complex components are built on a earlier, more basic foundation:

Our neurological system takes in sensory information, the brain organizes and makes sense of it, which then enables us to use it and act accordingly within our environment to achieve actions.

WHAT CAN WE DO?

- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Infant-Toddler Developmental Specialist

Physical Therapy

- Physical therapy for children with sensory processing disorders involves introducing experiences through the movement system.
- Vestibular activities such as rocking, turning, jumping and other gross motor activities are introduced to the program in a controlled setting.
- PT's also use proprioceptive activities such as weight bearing through arms and legs, or activities involving joint stimulation such as jumping activities.

Activities included in a SPD program

- Examples of activities used in programs for children with sensory processing disorder
 - Swinging, slides and playground use
 - crawling through tunnels, tents boxes
 - Walking and running on different surfaces
 - Balance activities – one leg, kicking balls
 - Tactile activities – rolling in a blanket, experiencing different sensations

Trina Puddefoot Physical Therapist

DEFINITION OS SENSORY DYSFUNCTION

- Sensory Integrative Dysfunction is the inability to process information received through the senses

Help In The Community

- Pediatrician
- FDLRS: 239-3378363
- Early Steps: 239-4336700
- OT,PT and ST Evaluation (Refer to your pediatrician or insurance carrier)

Resources

- Books:

Out of Sync Child, The Challenging Child, Tools for Tots, Just Take a Bite, Pathways to Play, Out of the Mouths of Babes, Raising a Sensory Smart Child

- Websites:

Sensory-Processing-Disorder.Com

ASHA, AOTA, APTA

CMS-kids.com/Early Steps