



Sensory

101

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Sensory Processing

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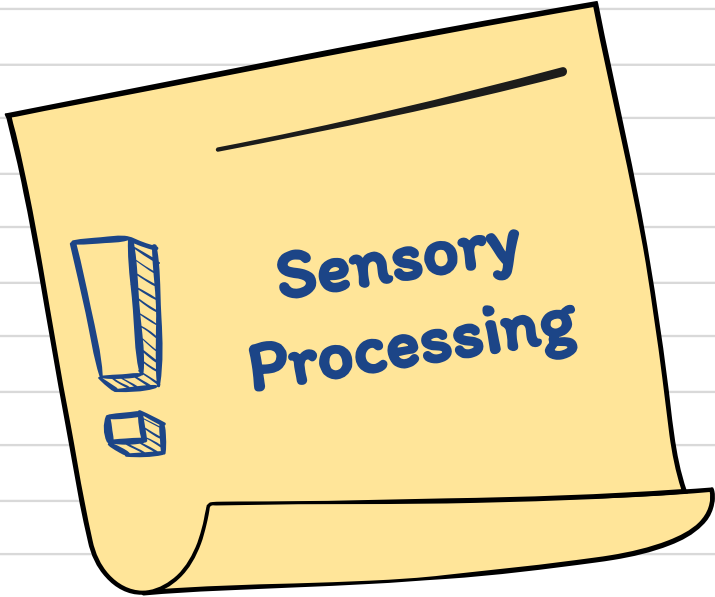


01

WHAT IS SENSORY PROCESSING?

It's Importance in Daily
Life






“Is a complex set of actions that enable the brain to understand what is going on both inside your own body and in the world around you”

“It is the ability to take in information through our senses, organise and interpret that information and make a meaningful response.





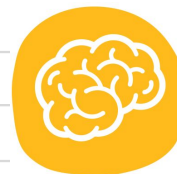
WHY IS IT
IMPORTANT?



02

THE EIGHT SENSES

The Famous Five Plus
the Hidden Three



The Eight Senses

Sight



Smell



Sound



Taste



Touch



Vestibular



Interoception



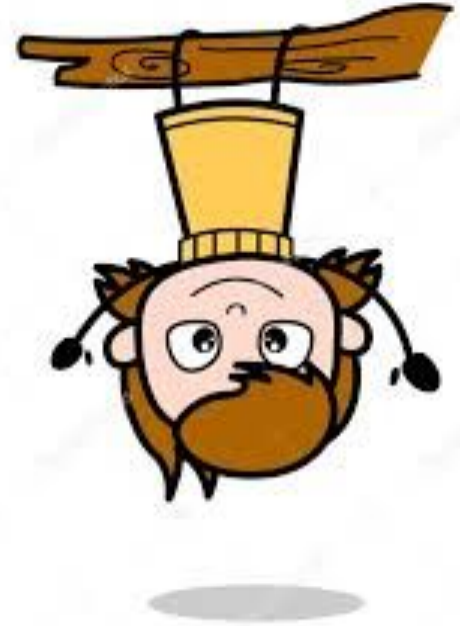
Proprioception





Hidden Senses: Vestibular

- Receptors are located in our ear canals. Which receive information about:
 - Movement
 - Change of direction
 - Change of head position
 - Gravitational pull





Hidden Senses: Interoception

- Important for self-regulation
- Processes internal actions of our body systems and sends a signal to our brain
- How internal physical and emotional states of the body are noticed, recognised, and responded to





Hidden Senses: Proprioception

- Proprioception = body position
 - Where our body is in space
- Receptors are located in our muscles and joints
- Works with the sense of touch





03

**SENSORY
PATTERNS AND
THRESHOLDS**

How Big Is Your
'Bucket'?





SENSORY
PATTERNS

Patterns of Sensory Processing

Sensory Sensitive

- *Distractible and easily overwhelmed by sensations*

Sensory Avoidant

- *Looks for ways to reduce intensity of sensory inputs*

Sensory Seeker

- *Active and on the go. Often wanting more intense sensory information.*

Low Registration

- *Miss important sensory information.*



**WHAT ARE
THRESHOLDS?**

Types of Thresholds



Low Threshold

A little feels like a lot!

- Small bucket that fills up quickly

High Threshold

A lot feels like a little!

- Large bucket that takes a lot to fill
- Might require regular 'top ups' throughout the day

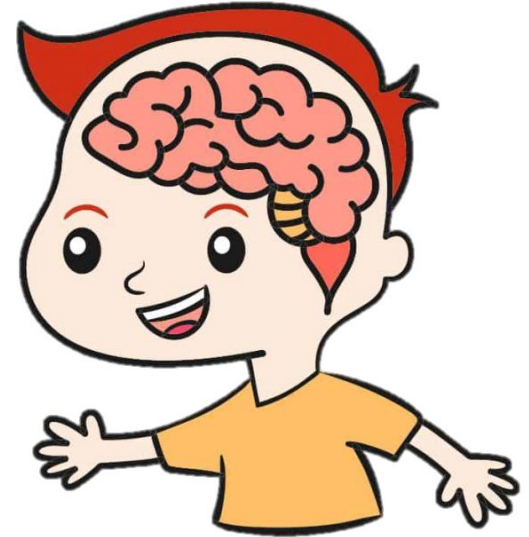




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**SENSORY
SUPPORTS**

How this looks at ERS



What we do at ERS: School Wide Strategies



- Prevent sensory overload when possible
- Provide warning for incoming unexpected stimuli or events
 - Clear signals for transition, utilising visuals and or schedules
- Predictable and structured routine
- Monitor response to sensory stimulation and changes in emotional status
- Allow 'breaks' for students in between tasks or if environment is too stimulating
- Access to therapy rooms/spaces
- Zones toolbox

What we do at ERS: Individualised Strategies



- Sensory plan
- Individualised sensorimotor program in therapy spaces
- PMP group
- Fussy Eating Group
- Mindfulness Group

What can you do at home?

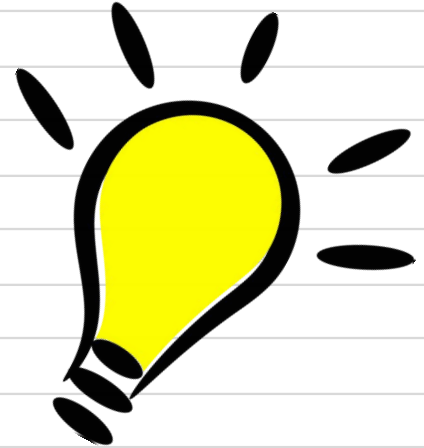


- Work alongside your external OT.
- Be a sensory detective!
- Reduce the sensory inputs your child finds overwhelming where possible.
- Provide your child with the sensory inputs they seek in safe and meaningful ways.



05

CONCLUSION



Recap and Key Points

Key Points



Point #1

Effective processing of sensory information is crucial in understanding and learning about the world around us.

Point #2

A lot of things influence a person's sensory preferences.

Point #3

Respect one another's 'buckets'!





**THANK
YOU!**