

Overview of Sensory Intergration and Processing and Occupational Therapy's Role (Part 2)

Cierra Milton, OTD, OTR/L

Harborview Medical Center
Down Syndrome Center of Puget Sound

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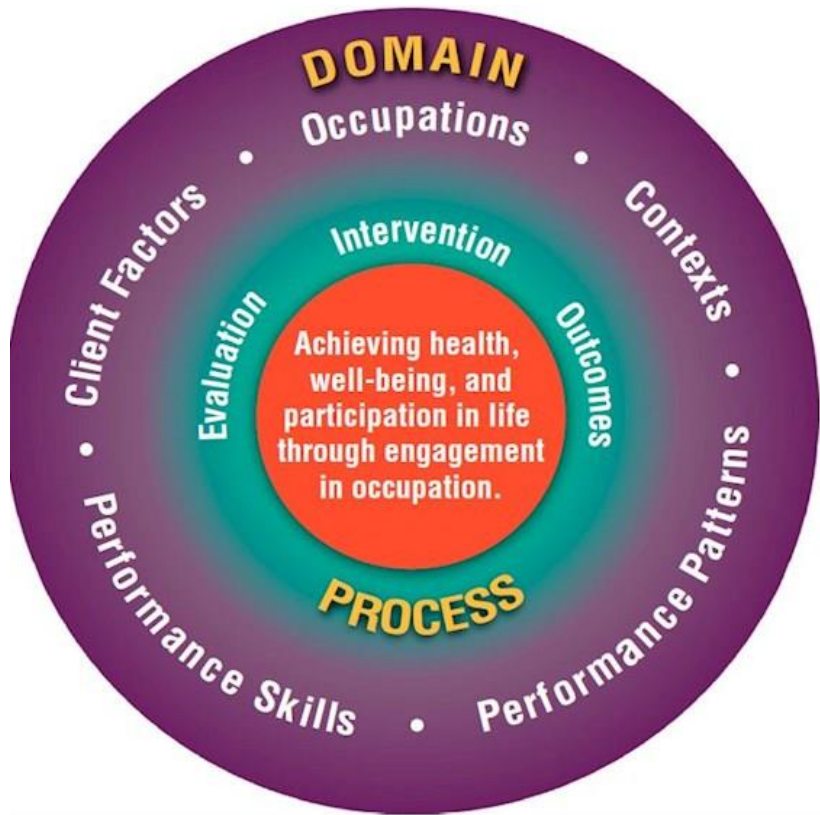


Objectives

- 1) Understand the ways in which common OT sensory interventions are applied.
- 2) Identify the "four patterns" of sensory processing dysfunction and related OT interventions.
- 3) Recognize the difference between assessments and sensory screening tools.

OT's Role

The OT Process



- 1) Evaluate how sensory differences affect performance and participation
- 2) Implement interventions and provide education
- 3) Record and analysis outcomes

(AOTA, 2020)

OT's Role: Main Intervention Types

- 1) Sensory diet
- 2) Environmental modifications
- 3) Improve adaptive responses



Sensory Diet?

- Created by Patricia Wilbarger in 2002
- "Prescribed" activities to assist in regulation
 - Based on sensory needs and preference
 - Systematic
- Daily routine modifications
- "the aim of producing a short-term effect on self-regulation, attention, or behavioral organization" (Watling, R., & Hauer, S. 2015)
- Always reflect and re-assess

Sensory Diet?

Xavier is 9 years old. He has a diagnosis of Autism. He wakes up and is immediately “off the walls”- seeking input. He might benefit from deep proprioceptive input right away and every 1-2 hours after that to keep him modulated throughout the day.

8am he jumps on his trampoline.

10am he crashes into the couch pillows.

12pm he blows up 4 balloons.

2pm he has a thick smoothie through a straw.

4pm he reads a book under a weighted blanket.

6pm he has some crunchy carrots with dinner.

8pm he listens to calming music while watching a lava lamp in a room with calming essential oil.

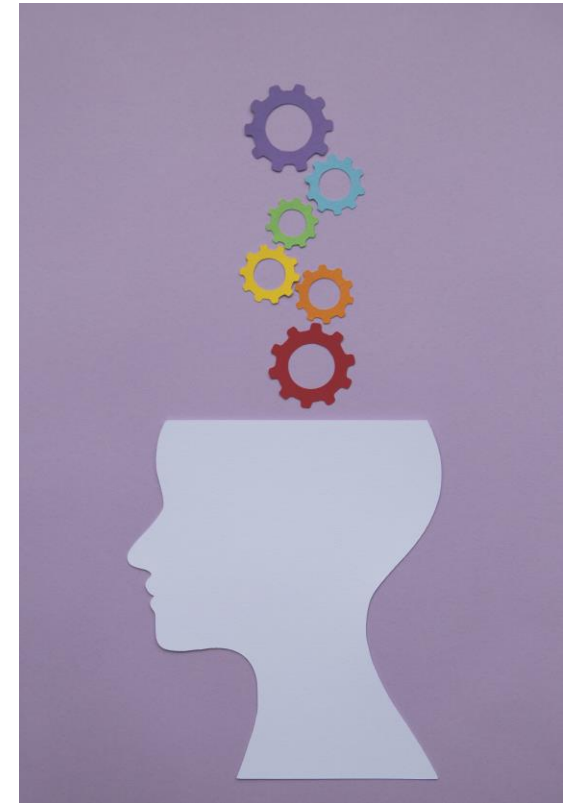
(McSwiggan, 2020)

Environmental Modification

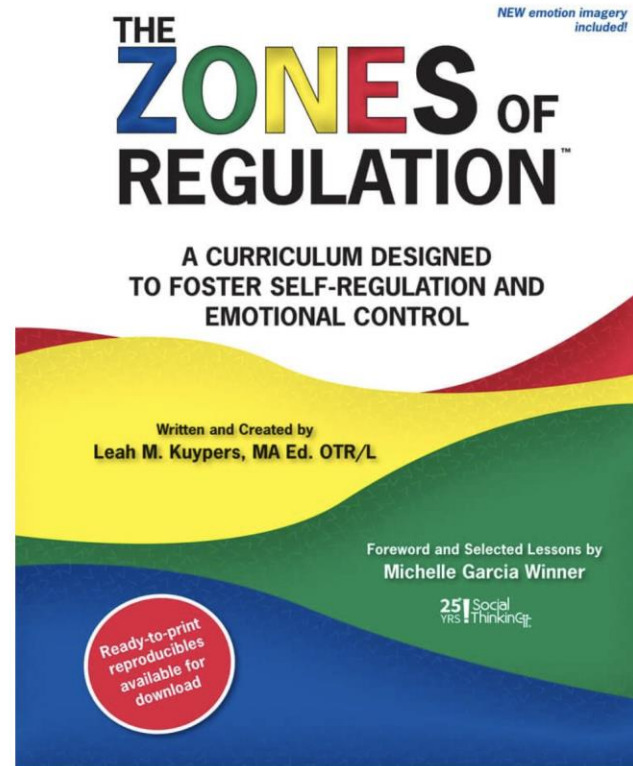
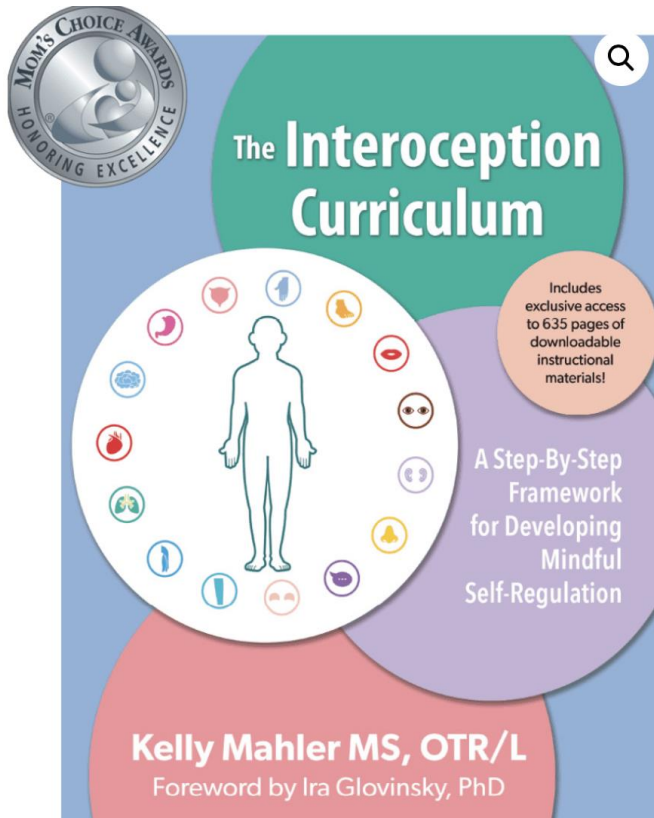
- This refers to structure and demand
- Creating and advocating for "sensory friendly environment"
- Making room for sensory differences
- Examples:
 - Sensory corner or room
 - Allowing frequent breaks
 - Manage lights, temperature, noise and smells in rooms
 - [Sensory Friendly in Seattle](#)

Improve Adaptive Responses

- Mind-Body connection
 - Understanding the connection between triggers and symptoms
- Increase interoceptive awareness
- Strategizing self-regulation

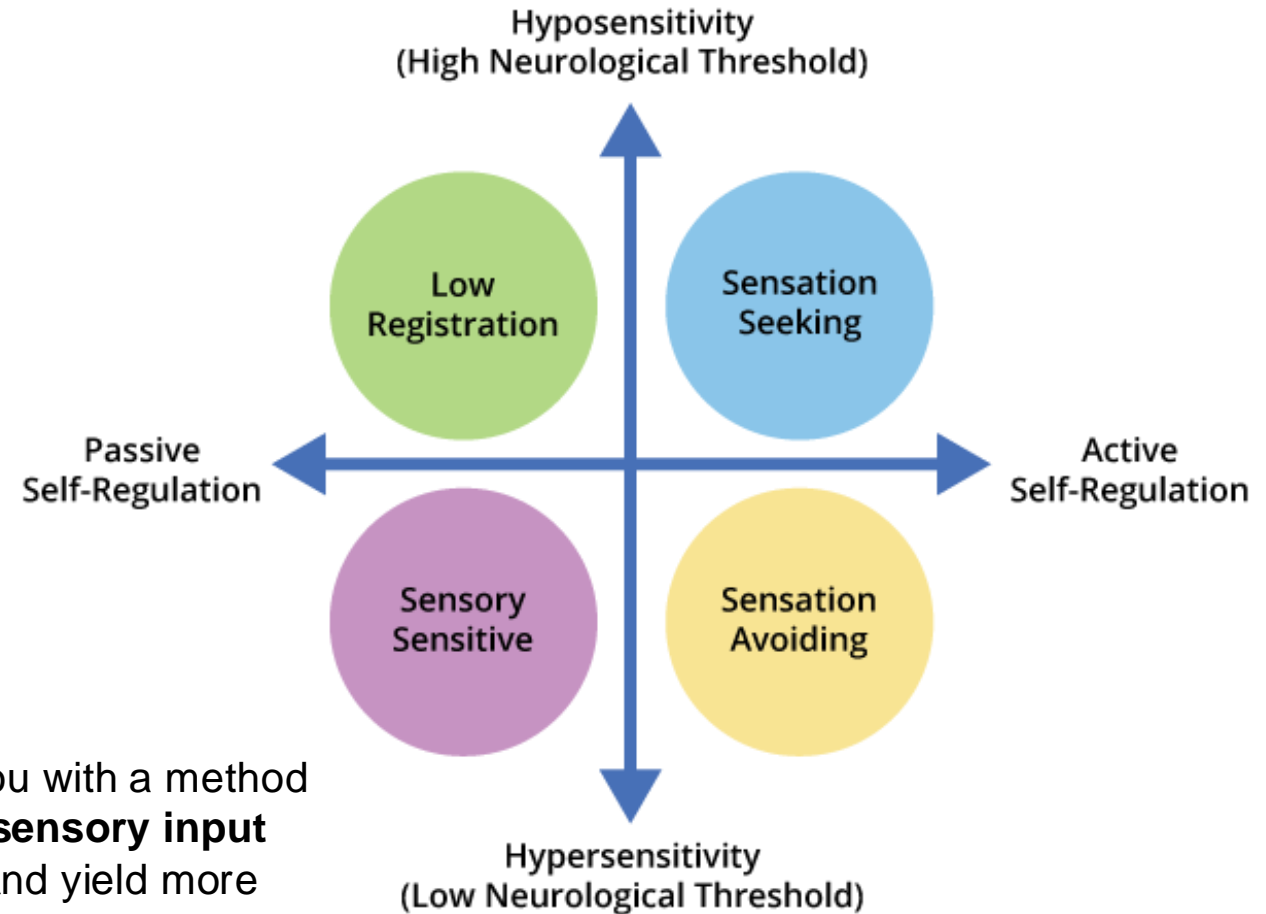


Improve Adaptive Responses



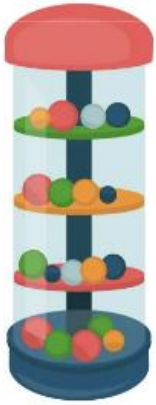
Dunn's Sensory Processing Framework

- "Sensory processing patterns are reflections of who we are: These patterns are **not a pathology that needs fixing**" (Dunn, 2001)
- Sensory processing patterns can be characterized in four quadrants:
 - 1) low registration
 - 2) sensory seeking
 - 3) sensory sensitivity
 - 4) sensory avoiding

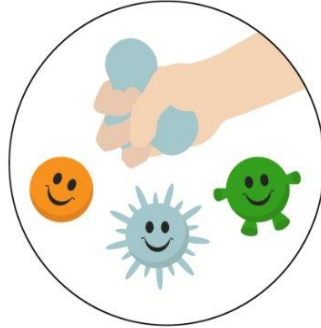


"Knowing about your own sensory processing patterns provides you with a method for managing daily life; knowing about **your needs and limits on sensory input** enables you to increase or decrease input to support your needs and yield more successful outcomes" (Dunn, 2001)

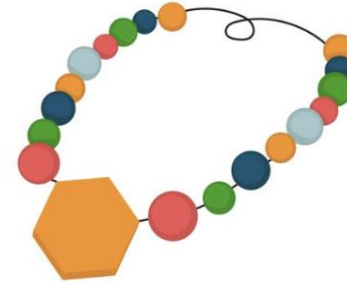
Sensory Seeking/ Low Registration Strategies



RAIN MAKER TOY



FIGDETS



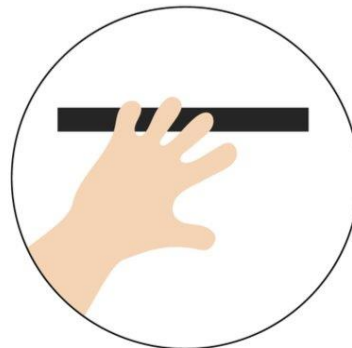
CHEW NECKLACE
OR TOY



YOGA



JUMP



VELCRO UNDER
TABLE



VIBRATION



WEIGHTED LAP PAD

Sensory Sensitivity/ Sensory Avoiding Strategies



COZY CORNER



TENT/
QUIET RETREAT



WEAR SUNGLASSES



NOISE MINIMIZERS /
HEADPHONES



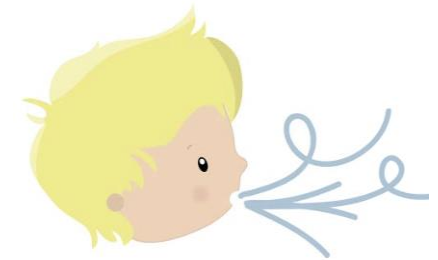
LISTEN TO MUSIC



OIL TIMER



YOGA



TAKE A BREATH

Screening for Sensory

- DO NOT provide sensory-based interventions WITHOUT completing an assessment to fully understand difficulties processing or integrating sensory information.
- Screening is not an assessment and cannot produce a diagnosis

<https://sensationalbrain.com/sensory-symptoms-checklist/>

<https://www.sensorysmarts.com/sensory-checklist.pdf>

Available resources

Access recorded brief recorded presentations at this site:

<https://wainclude.org/echo/echo-idd-wraparound/presentations/>

References

American Occupational Therapy Association. (2020). Occupational therapy practice framework: Domain and process (4th ed.). American Journal of Occupational Therapy, 74(Suppl. 2), 7412410010. <https://doi.org/10.5014/ajot.2020.74S2001>

Dunn, W. (2001). The sensations of everyday life: Empirical, theoretical, and pragmatic considerations, 2001 Eleanor Clarke Slagle lecture. *American Journal of Occupational Therapy*, 55, 608–620.

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Watling R, Hauer S. Effectiveness of Ayres Sensory Integration® and Sensory-Based Interventions for People With Autism Spectrum Disorder: A Systematic Review. *Am J Occup Ther*. 2015 Sep-Oct;69(5):6905180030p1-12. doi: 10.5014/ajot.2015.018051. PMID: 26356655.

Questions

THANK YOU!

Contact information:

Cierrami@uw.edu

Cierra@dscpugetsound.org