

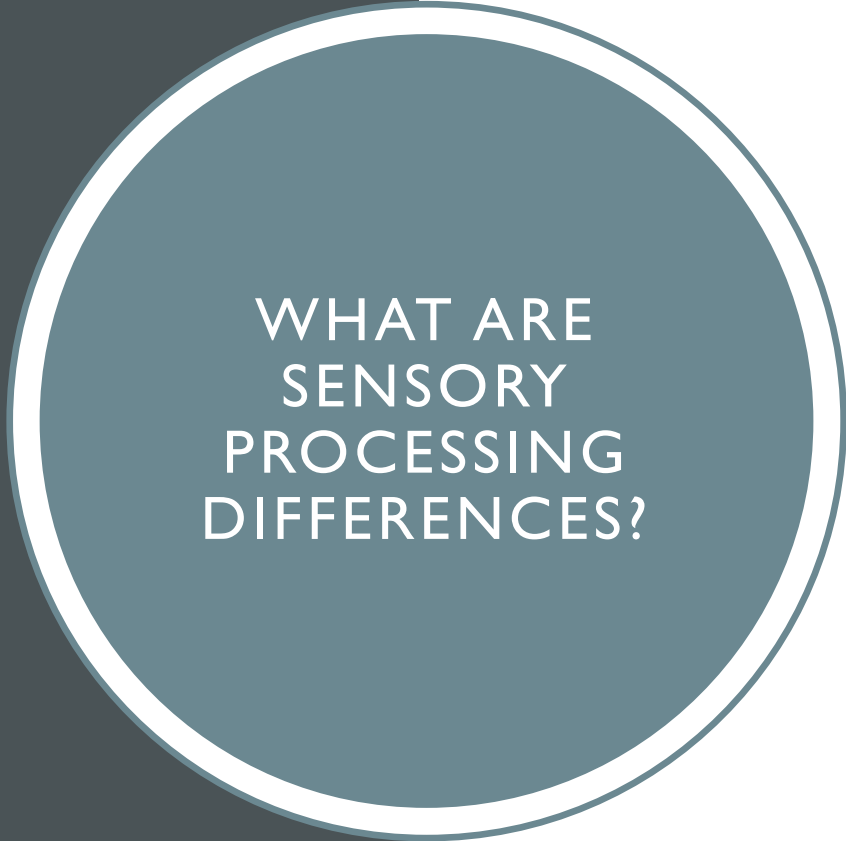
SENSORY PROCESSING
ASSESSMENT FOR
ADOLESCENTS AND ADULTS.

Cairn 
Education



WHAT IS SENSORY PROCESSING?

- Our senses help us to understand what is going on in our environment.
- They alert us to danger.
- They help us respond to changes.
- They give us the information we need to interact successfully with the world, objects and other people.
- Each sense picks up information from:
 - Inside our body or
 - Outside our body.



WHAT ARE SENSORY PROCESSING DIFFERENCES?

Sensory Modulation

Sensory modulation is the brain's ability to filter the sensory information. It enables us to filter out information we may not need and let in enough information that we do need.

Individuals with difficulties with sensory modulation may be hyper-reactive or more sensitive to stimuli than most other people or hypo-reactive or less sensitive to stimulation than most people.

Difficulties with sensory modulation can result in difficulties with self-regulation and fight, flight or fright behaviours. Individuals may be sensitive to clothing, react strongly to sounds or feel overwhelmed or anxious in crowded/ busy places.

Sensory Discrimination

Sensory discrimination is the ability to process and interpret the information that we get from our senses. It is the ability to recognise and distinguish details about sensory input and the difference between sensations. Difficulties with sensory discrimination may result in language development difficulties, difficulty detecting the direction and/or speed of movement, or difficulties grading the amount of force to use.

Praxis

Praxis is the ability to identify, plan, and execute motor movements. Difficulties with praxis result in difficulties with performing motor tasks and everyday motor activities such as dressing, using utensils, and playing sports.



THE IMPACT OF SENSORY PROCESSING DIFFERENCES?

- Can affect our self-esteem and confidence
- Can contribute to anxiety and physiological and psychological stress.
- Can impact on our ability to engage with and complete everyday activities.
- Can affect our mental health
- **Sensory processing differences can also:**
- Provide unique skills and abilities
- Enable us to process certain types of information quickly
- Provide us with interests and pleasure
- Provide us with effective independent calming strategies

THE EIGHT
SENSORY
SYSTEMS
THAT WE
ASSESS

Auditory

Visual

Tactile

Gustatory (Taste)

Olfactory (Smell)

Proprioception
(the information we get from
our muscles and joints)

Vestibular
(the information we need for
balance and to know where we
are in relation to gravity)

Interoception
(the information that we get
from our internal organs that
tells us about our physiological
state and emotions).



OUR VALUES AND ETHOS

Assessments are holistic: we consider the individual's strengths while identifying differences in sensory processing that can lead to challenges in everyday life. We take into consideration the social, environmental and occupational challenges that the client encounters and work with them to identify outcomes they would like from the assessment process.

We are family-focused and for young people under the age of 18 or for those that still live within the family unit we encourage the family's involvement in both the assessment and intervention process.



THE ASSESSMENT PROCESS

A sensory assessment questionnaire would be sent out prior to an appointment. This would be completed by the client/ parent/ carer as appropriate. It is best if the client and someone that knows them well fill out separate questionnaires. We will also send out a medical questionnaire to be completed by the client/ parent/ carer as appropriate.

The therapist will then review the information and decide on any further assessment required. This is likely to include observations. Observations can be facilitated using the clients interests to ensure that they feel comfortable throughout the assessment. For example activities could include baking, yoga, sports, arts and crafts.

Observational assessments can be carried out at Cairn Education in Staveley, Cumbria or at the clients home. The therapist will discuss with you what is best for you/ your young person.

Following assessment the client and parent/ carer will be invited to meet with the therapist to discuss the outcome of the assessment.



WHAT WILL I GET AT THE END OF THE ASSESSMENT PROCESS?

At the end of the assessment process, you will receive a written report.

This will detail:

The outcomes of the assessments.

Individually tailored strategies to support sensory and nervous system regulation throughout the day.



WHAT HAPPENS AFTER ASSESSMENT?

After assessment you may choose to access a programme with our Occupational Therapist.

The intervention will be based on the outcome of the assessments and may include:

- A series of sessions and workshops to help the client understand how they process sensory information and how to use this information to help them in everyday life.
- Individually tailored activity sessions to develop sensory processing skills.

CONTACT
DETAILS AND
PUBLICATIONS

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