

Sensory Processing

What is it? Why is it Important?

What is Sensory Processing?

Sensory Processing is how your brain processes, interprets, and organizes *sensory input*. **Sensory Modulation** is the ability to respond appropriately to sensory information within the environment while maintaining regulation

What are the different types of sensory input?

Visual

What you can see

Olfactory

What you can smell

Auditory

What you can hear

Gustatory

What you can taste

Tactile

What you can touch

Vestibular

Change in position, direction, or movement of head

Proprioception

Input to our joints and muscles about our movement and body position

Why is Sensory Processing Important?

Sensory Processing takes part in what are necessary for everything we do on a daily basis, such as:

- Emotional Regulation
- Attention to Task (For Ex. Educational Settings)
- Appropriate Social Skills and Behaviors
- Understanding where our body is in space and the environment
- How we react during activities of daily living (For Ex. Mealtimes, Grooming, Vocational)



Types of Sensory Processing Disorder

Hypersensitivity

Over-stimulated

Decrease stimulation and use calming strategies

Hyposensitivity

Under-stimulated

Increase stimulation and provide a sensory rich environment

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For more information, see: <https://www.pacificautism.org/>