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## USING SENSORY TOOLS IN THE COMMUNITY CARE SETTING

Brooke Olson, OTR/L



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## NEARLY 35 MILLION US KIDS EXPERIENCE TRAUMA IN THEIR LIFETIME.

½ the kids in the nation have experienced 1 or more SERIOUS childhood traumatic events.



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## **INDIVIDUALS WHO HAVE OR ARE EXPERIENCING TRAUMATIC EVENTS HAVE HEIGHTENED STATES OF AROUSAL**

This significantly impacts the way the person processes sensory input.



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## **TRAUMATIZED CHILDREN MAY HAVE NEUROLOGICAL IMMATURITY, KNOWN AS SENSORY PROCESSING DISORDER (SPD) HEIGHTENED SENSITIVITIES AND/OR DECREASED BODY AWARENESS OFTEN RESULTING IN POOR POSTURAL CONTROL, TIMING AND RHYTHMICITY.**

A child with SPD may have less resiliency due to multiple problems that interfere with development.



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**OUR BODY HAS AN AUTOMATIC FIGHT, FLIGHT OR FREEZE RESPONSE WHEN FACED WITH DANGEROUS SITUATIONS IN ORDER TO HELP US COPE.**

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Our defense mechanisms are not controlled by the cognitive part of our brain.



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**A CHILD WHO HAS EXPERIENCED TRAUMA IS PRIMED TOWARDS DEFENSE AND HYPER VIGILANCE.**

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- The imprint of the trauma has been left on the body



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**SENSORY PROCESSING DISORDER (SPD)**

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graph TD
    SPD[SENSORY PROCESSING DISORDER (SPD)] --- SMD[Sensory Modulation Disorder (SMD)]
    SPD --- SDD[Sensory Discrimination Disorder (SDD)]
    SPD --- SBMD[Sensory-Based Motor Disorder (SBMD)]
    SMD --- SOR[SOR]
    SMD --- SUR[SUR]
    SMD --- SS[SS]
    SBMD --- PD[Postural Disorders]
    SBMD --- D[Dyspraxia]
```

SOR = Sensory Over -Responsivity  
SUR= Sensory Under -Responsivity  
SS= Sensory Seeking / Craving



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**OVER OR UNDER RESPONSIVE TO TOUCH**

Big responses or remains passive





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**OVER RESPONSIVE TO SOUNDS**




- Startles or BIG responses

Under responsive to sounds





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**BEHAVIORS**

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## SEEKING OUT MOVEMENT OR BODY INPUT




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## MANY CHILDREN MAY EXPERIENCE BODY BASED MOVEMENT DISORDERS AS A RESULT OF TRAUMA

Dyspraxia




Postural disorders



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- + • **DYSPRAXIA**
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- + • **POSTURAL DISORDERS**
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**Lack of Postural Development Creates Poor Balance, Coordination, Fine Motor, and Motor Planning**



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# WHAT CAN WE DO?

Modulation disorders- keeping the outside organized for the turbulent inside.

And



Heavy work- a winner every time



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A place for everything...

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### A place for everything...labels and pictures

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### Routines vs Schedules

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First	Then
 $2 + 4 = 6$ magnetic numbers	 ball bounce



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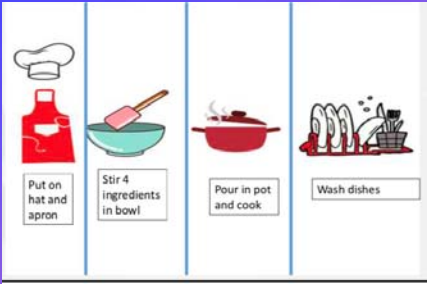
### TO DO LISTS

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1 Sudoku

Shoe tying activity

Draw your favorite Minecraft character and describe him in 4 sentences

Check schedule



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### Clear boundaries and expectations

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### Alternative seating

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### Heavy work- never wrong






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### TRANSITIONS

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### CIRCLE TIME, STORY TIME




Hand Fidgets



Therapy Fun Zone



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### SONGS AND MOVEMENT







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## TOILETING AND DIAPER CHANGES

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## MEALTIMES

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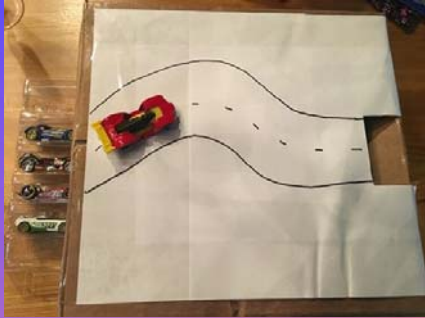








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**FREE PLAY**

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**QUIET TIME/ NAP TIME**











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GO OUTSIDE

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PLAY IN GROUPS





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### ART, FINE MOTOR, AND MESSY PLAY

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### SOCIAL STORIES



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# WATCH WAIT AND WONDER



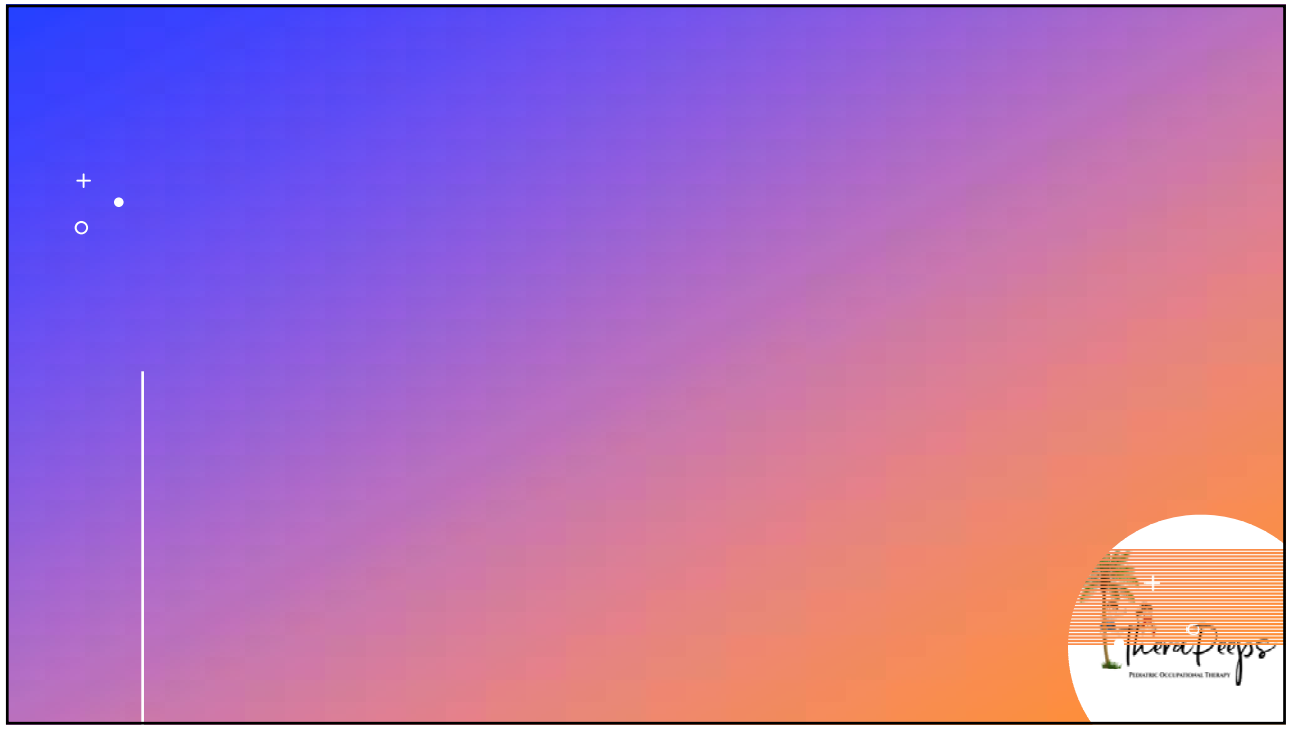
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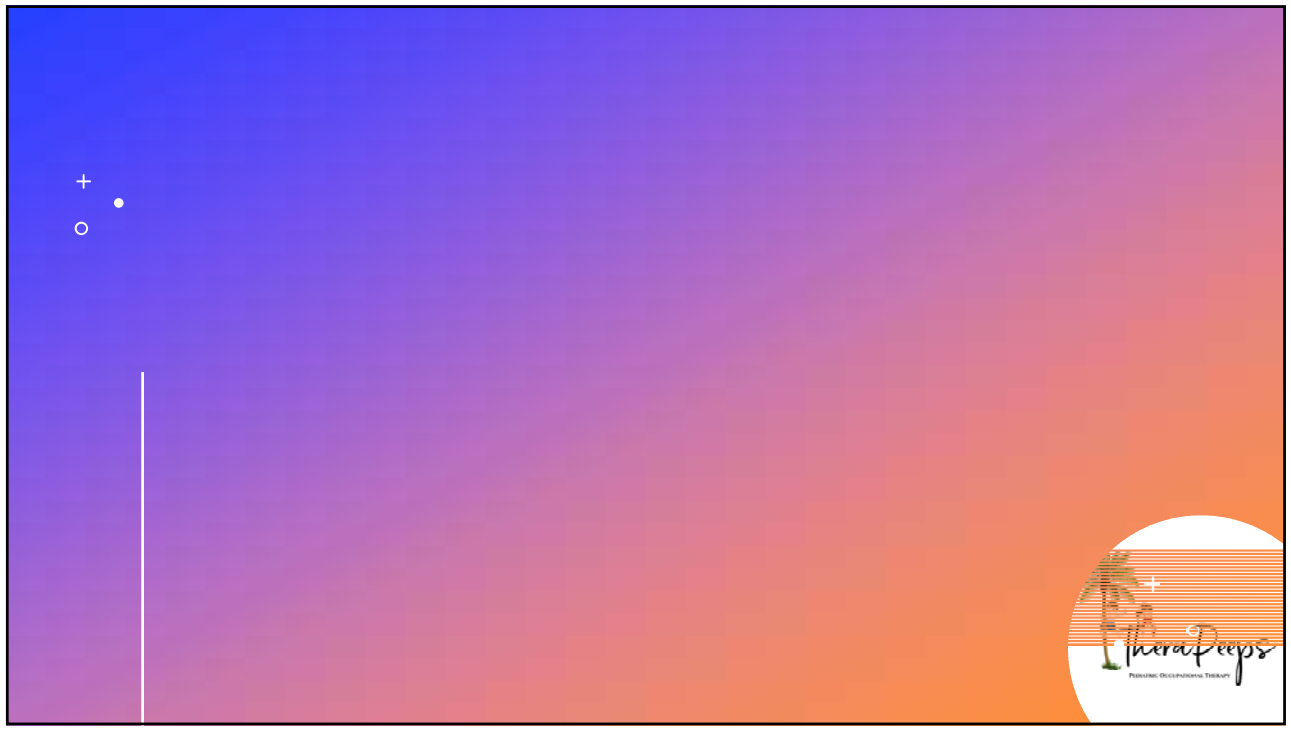


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