

Worksheet For Creating A Sensory Processing Profile

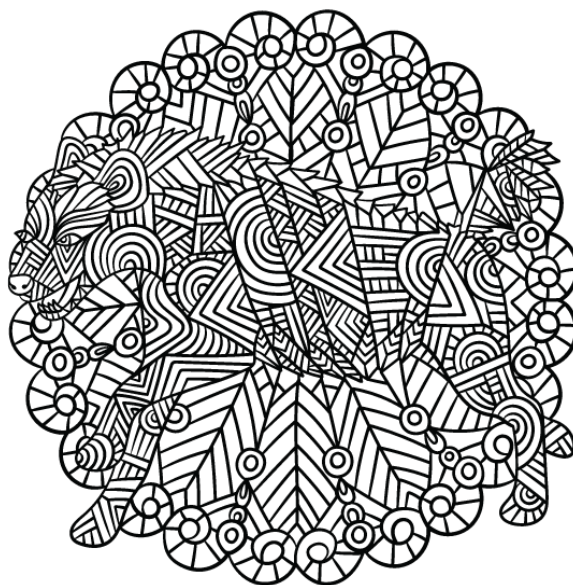
Parents and teenagers may experience related challenges associated with the eight senses.

These include difficulty discriminating sounds, difficulty filtering and attending to relevant information, over-responsiveness or under-responsiveness to sound/noise, difficulty sustaining attention to visual tasks, difficulty perceiving the order of visuals (sequencing), difficulty interpreting what is seen, intolerance for activities that involve movement, excessive need for movement, poor body awareness leading to clumsiness, hyperactivity/fidgeting due to a need for proprioceptive input, trouble holding still, low tolerance for hunger or thirst, inability to recognize when one is sleepy/tired and intense reactions to temperature.

Regarding the vestibular sense (role in identifying one's orientation and position relative to objects in the environment) specifically, individuals may struggle with processing vestibular information such as changes in speed or direction, difficulties with proprioception (sense of body in space) and an intolerance for activities that involve movement.

Identifying each family member's sensory processing profile can help bring peace and calm to the home environment. By understanding how each individual processes sensory information, families can create strategies to reduce stress, aid communication, and increase cooperation.

For example, if a family member is easily overwhelmed by loud noises, they might benefit from living in a quieter home or wearing headphones when watching television. If someone is sensitive to tactile sensation, soft fabrics and gentle touches may be more calming than materials that are too rough. Understanding the needs of each family member brings greater empathy and understanding among family members. This can help bring harmony within the household by accommodating unique sensory profiles and reducing stress for all involved.

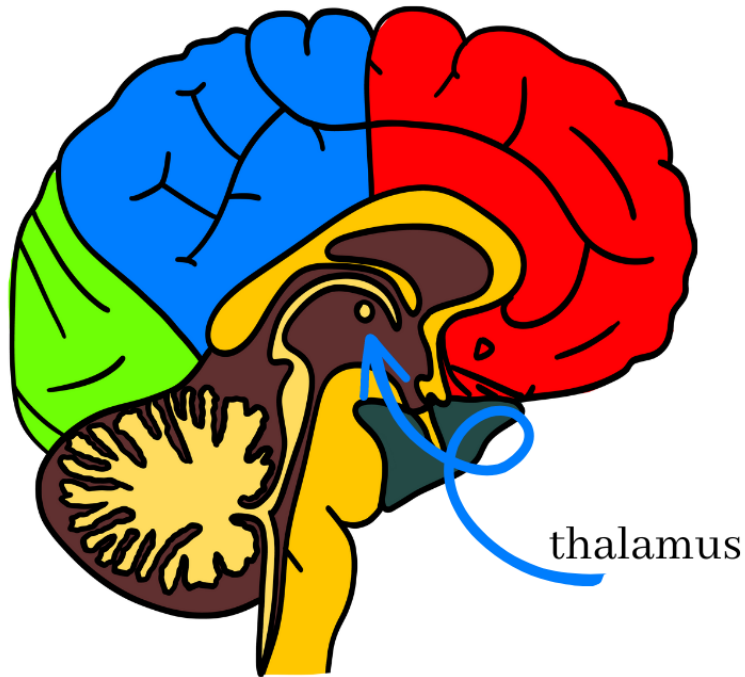


This table helps to identify sensory processing profiles and related challenges for parents and teenagers. By looking at each of the eight senses, it is possible to gain insight into any potential issues or supports needed for an individual's sensory system.

Additionally, there is a column which allows you to assess your level of satisfaction with the responses given - this can help you better understand your needs and how to best address them.

Sensory System	Response	What Is Response Trying To Tell You?	Challenges / Needed Supports
Auditory			Difficulty discriminating sounds, difficulty filtering and attending to relevant information, over-responsiveness or under-responsiveness to sounds or noise.
Visual			Difficulty sustaining attention to visual tasks, perceiving the order of visuals (sequencing), interpreting what is seen and understanding distance/space between objects, problems with eye movement.
Tactile			Oversensitivity to tactile input such as tags in clothes, excessive sweating, a strong need for physical activities such as running or jumping.
Taste			Limited range of acceptable foods due to extreme sensitivity in taste; preference for an overly sweet or salty taste.
Smell			Extreme sensitivity to smells; avoidance of certain places because of potential triggers; difficulty recognizing scents and odours.
Vestibular			Struggle with processing vestibular (body equilibrium) information such as changes in speed or direction and an intolerance for activities that involve movement.
Proprioceptive			Difficulty in maintaining balance, navigating our environment, and coordinating complex movements, such as walking or running.
Interoceptive			Difficulty recognising and interpreting sensations from within their own body, such as hunger, thirst, or pain. They may also have difficulty accurately gauging how these sensations affect their emotions and behaviour.

The Role Of The Thalamus



The thalamus is a crucial part of the brain that serves as a relay station for sensory information. It receives input from various sensory organs, including the eyes, ears, skin, and taste buds. The following are the primary responsibilities of the thalamus in sensory information processing:

Relaying sensory information: The thalamus receives sensory input from different parts of the body and relays it to the appropriate areas of the brain for further processing. For example, visual information from the eyes is sent to the primary visual cortex located in the occipital lobe.

Filtering sensory information: The thalamus filters out irrelevant or unnecessary sensory information before sending it to other parts of the brain for further processing. This helps to prevent overload and allows us to focus on important stimuli.

Integrating sensory information: The thalamus integrates different types of sensory information from multiple sources into a coherent whole perception. For example, when we see an object, our brains integrate visual and tactile sensations to form a complete understanding of what we are seeing.

Regulating arousal levels: The thalamus plays a role in regulating arousal levels by controlling how much sensory information is processed at any given time. This helps us maintain an optimal level of alertness and attention.

Overall, the thalamus is responsible for receiving, filtering, integrating and regulating various types of sensory information before sending them on to other parts of the brain for further processing.