

Sensory Processing Disorder

In children and adults with sensory processing issues the brain has difficulty making sense of the sensory information it is receiving from the environment, deciding what to focus on or what to filter out, and how to respond appropriately to the information.

This response may be a motor action, such as adjusting your posture so you don't fall down (clumsiness), or it may be a cognitive response, such as being unable to concentrate on your parent's or teacher's voice even when there is little noise in the room.

People with sensory processing issues expend a lot of extra energy and thought making sense of their sensory world and trying to think of appropriate responses. Therefore they struggle with poor attention, become frustrated easily, can be moody, anxious and sometimes depressed.

Sensory Processing Disorder (SPD) is an umbrella term that encompasses several different types of disorders resulting from poor integration of the senses.

Typical symptoms of Sensory Processing Disorder include the following:

- infants who are “really easy” or “really difficult” – both extremes can indicate sensory issues
- delayed development of motor skills and speech
- picky eaters or have cravings for a limited number of foods
- avoid touch, or touches EVERYTHING in sight
- doesn't like feet off the ground, resists motion activities
- seeks intense motion, often “crashes” onto floor or walls on purpose
- walks on toes or with “heavy” footsteps
- picky about clothing textures or chooses clothes based on how they “feel”
- sensitive to odors in environment, or doesn't seem to notice smells at all
- poor attention span
- fussy, irritable, moody, anxious
- easily overwhelmed in busy, noisy environments like birthday parties and supermarkets
- has frequent “melt-downs” out of proportion to the situation
- hates hair-washing, haircuts, nail-trimming, bathing
- poor or delayed social skill development



These are just some of the more common symptoms of Sensory Processing Disorder.

If you feel like you or your child may have some of these symptoms which are interfering with your / their quality of life, our occupational therapists can help you. They will identify and give you strategies to manage yours or your child's sensory issues. You don't have to struggle alone, just call us at Therapy Professionals Ltd

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