



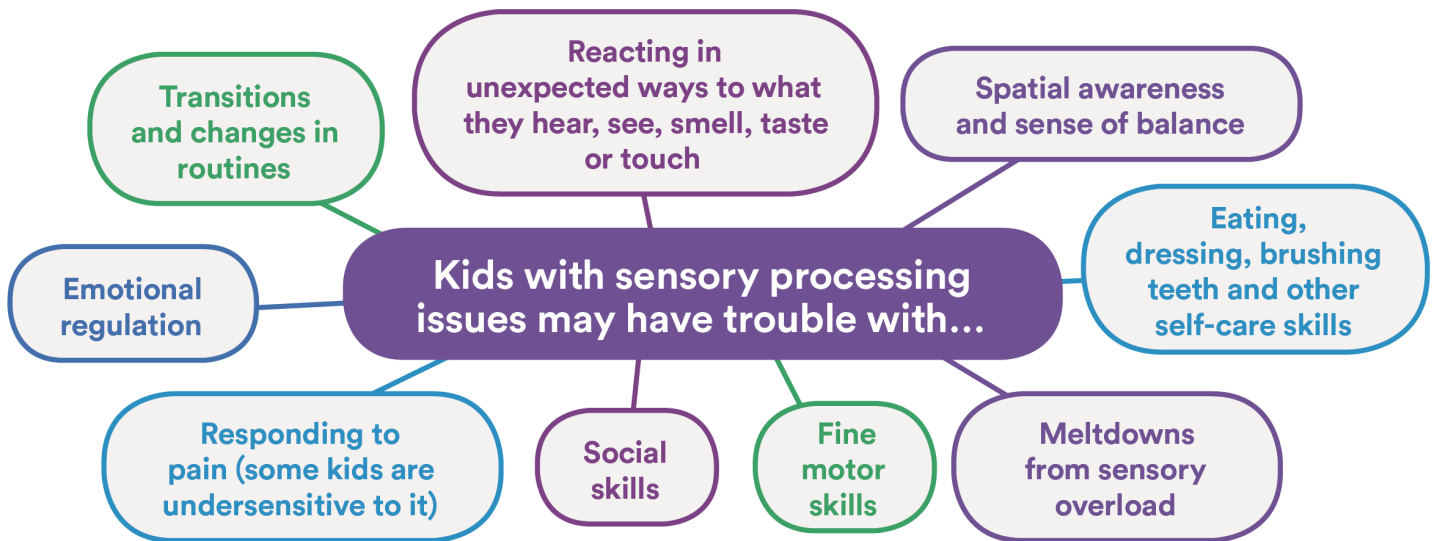
# Sensory Processing Issues Fact Sheet

## Sensory processing issues are...

- ✓ Difficulties in organizing information from the senses. These include responding to sights, sounds, smells, touch and sensory input related to balance and movement.
- ✓ Often called *sensory processing disorder* (SPD). Doctors might not use this term, but many occupational therapists do.
- ✓ A common co-occurrence. Sensory issues are often found in kids with ADHD or autism.

## Sensory processing issues are *not*...

- ✗ Just kids being “too sensitive.” Sensory issues can be overwhelming and can make it hard to function in school and at home.
- ✗ A sign that kids need more discipline. Adults need to find out what’s causing kids to melt down, not punish them for it.
- ✗ Always consistent. Responses to sensory input can vary from kid to kid and from day to day.



## Ways to help kids with sensory issues



**Occupational therapy** can help kids with sensory issues feel less overwhelmed, learn how to self-regulate and cope with challenging situations.



**Classroom accommodations**, positive behavior intervention plans and informal supports like chewing gum or using a fidget can help at school.

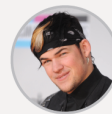


**Self-advocacy training** can help kids understand, ask for and explain to others what they need to succeed.

## Success stories



**Temple Grandin, Ph.D.**, Professor of animal sciences



**James Durbin**, Lead singer of Quiet Riot



**Mayim Bialik**, Actress, author and neuroscientist