

Application of Sensory Diets
in the
Home, School, or Clinic

Autism Society of the Bluegrass
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	Sensory Diet Development	
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Term was “coined” back in 1971 and has been refined ever since

Used a nutritional diet as a metaphor to stress the need for the “Just Right” combination of sensory input to keep optimal arousal and performance

Have to time and plan our sensory activities to make them “snacks” or “meals”

1. Mood makers – change our “state” for short periods of time
2. State changers – change our “state” for longer effect on performance

Sensory Considerations and Assessment

- 1. Any cycle seen with behavior**
 - a. sensory seeking**
 - b. sensory avoiding**
 - c. modulation difficulties**

- 2. Optimally, look at 2 days of behaviors**
 - a. for home: sleep, waking, day activities, noise, different environments, night routine**
 - b. school: from home, transitions, classroom environments, noise, anxiety**

BUILDING A SENSORY DIET

Choose from a menu RATHER than follow a recipe

Time to choose the power:

- 1. Vestibular: 4 to 8 hour duration**
- 2. Whole body, joint traction/co-contraction, heavy work, and some respiratory work: 2 hour duration**
- 3. Touch pressure: 1-2 hour duration**
- 4. Visual – not long lasting**

DEVELOPMENT OF SELF REGULATION

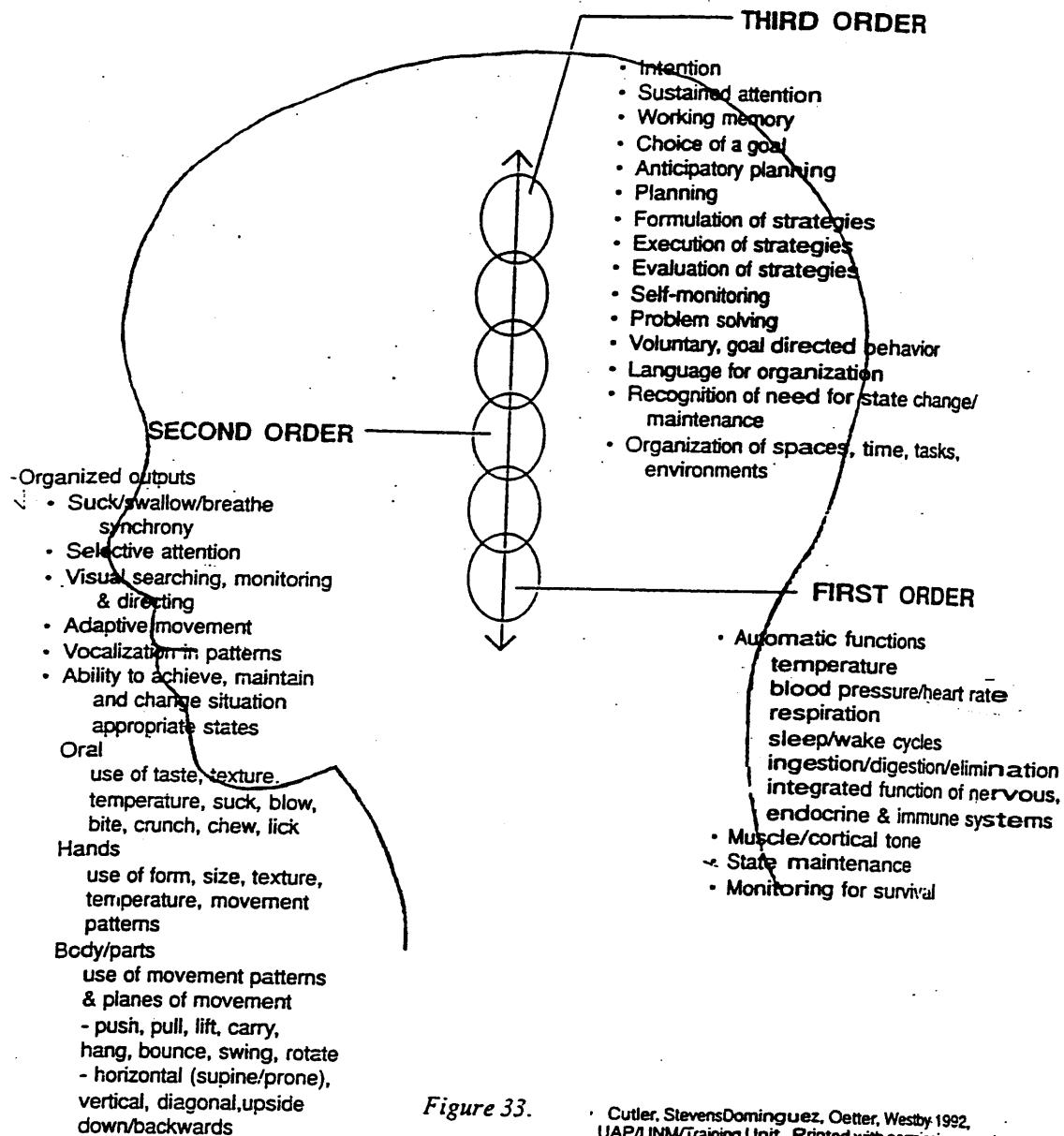


Figure 33.

Cutler, StevensDominguez, Oetter, Westby 1992, UAP/UNM/Training Unit. Printed with permission.

SPECIFIC HOME PROGRAMS

Wilbarger Touch Pressure

Listening Program

SCHOOL AND HOME PROGRAMS

The Alert Program: How Does Your
Engine Run?

Listening Program

Brain Gym

OT Designed Sensory Diets