

# guidance occupational therapy services

## Sensory processing 101

### What is sensory processing?

Put simply, it's the brain's ability to interpret and respond to sensory input from the environment. Sensory inputs enter via your sensory organs (eyes, ears etc.) and go to the brain for processing.

### How does sensory processing differ in neurodivergent individuals?

- Heightened or reduced sensitivity (hypo or hyper sensitivity) to senses
- Differences in managing sensory stimuli e.g. sensory seeking or avoiding
- Sensory overload
- Impact on focus and regulation

### What is sensory: seeking, avoiding, sensitivity and low registration?

These are the ways that the brain processes and responds to sensory inputs. They are the way we describe how a the brain interprets and reacts to sensory stimuli from the environment.

### How can OT help?

Occupational therapists can support children, teens, and adults to better understand their sensory processing profiles and how to manage these in their daily life.

