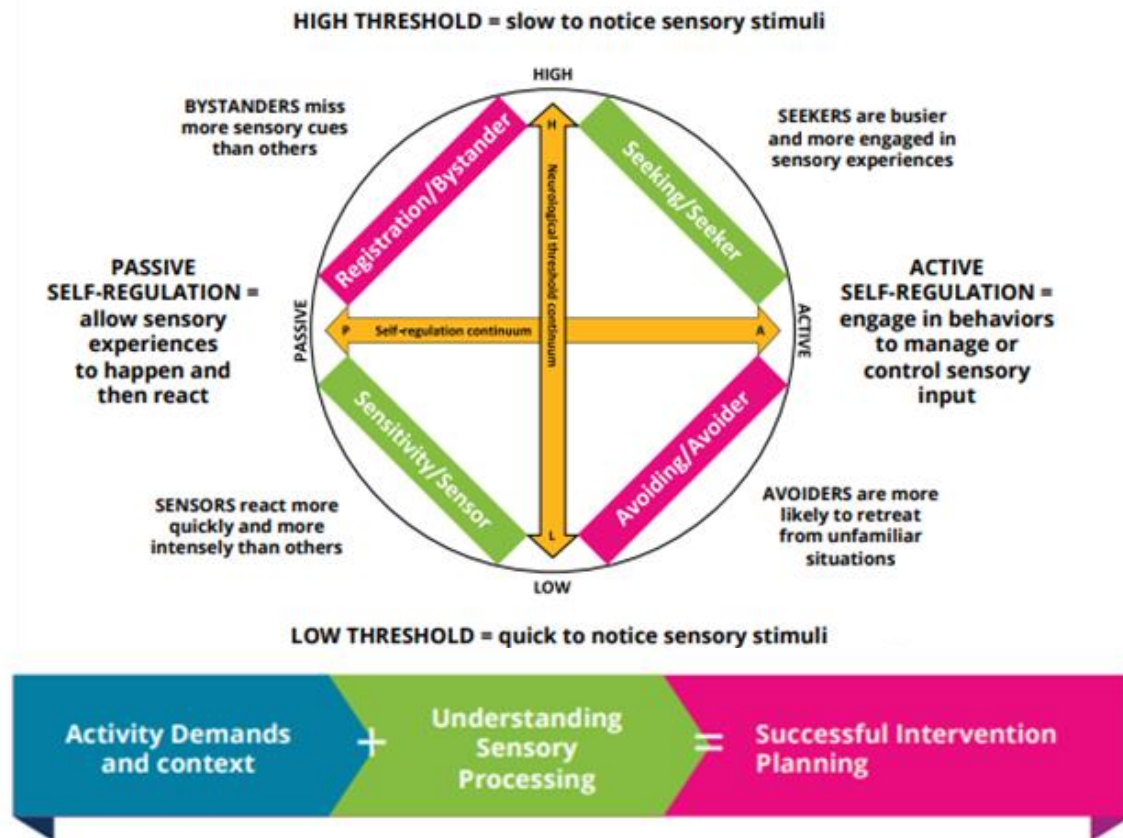


# SUPPORTING SENSORY PROCESSING DIFFERENCES FOR MENTAL HEALTH & WELLBEING

The Sensory Profile is commonly used in Victorian area mental health settings. Research has explored sensory typical sensory profiles for different mental health diagnoses. People with lived experience call for 'making sense of the sensory profile together'. This Sensory Profile 2 infographic adapted from Pearson. The aim is to support interpretation of sensory profile in relation to occupational goals and everyday life.

## Dunn's Sensory Processing Framework

Dunn's Sensory Processing Framework explains the interplay between neurological thresholds and self-regulatory behavioural responses to explain how we process sensory information in daily life.



## Supporting Sensory Processing Patterns in Everyday Life

### Supporting SEEKING Patterns

If a person exhibits **seeking patterns more than others**, and this interferes with everyday life, add sensory value to experiences. Seekers are great at creating new play scenarios or creative ways to present their work.

If a person exhibits **seeking patterns less than others**, and this interferes with participation, provide an increased variety of sensory input to help them remain engaged with tasks. People with this pattern are not likely to explore or pursue additional input.

### Supporting AVOIDING Patterns

If a person exhibits **avoiding patterns more than others**, and this interferes with everyday life, decrease sensory experiences in everyday tasks. Avoiders are content to be alone, and prefer environments with limited sensory input.

If a person exhibits **avoiding patterns less than others**, and this interferes with everyday life, organize sensory experiences, activities that are fast paced or that require filtering out are more likely to be challenging.

### Supporting SENSITIVITY Patterns

If a person exhibits **sensitivity patterns more than others**, and this interferes with everyday life, provide structured patterns of sensory experiences in everyday tasks. Sensors have a high level of awareness of the environment and attention to detail.

If a person exhibits **sensitivity patterns less than others**, and this interferes with everyday life, increase awareness of sensory experiences in everyday tasks. Sensors can maintain focus on stimuli, and they are not easily distracted.

### Supporting REGISTRATION Patterns

If a person exhibits **registration patterns more than others**, and this interferes with everyday life, increase the intensity of sensory experiences in everyday tasks. Individuals with this pattern find it easier to focus on tasks of interest in distracting environments—they do not detect stimuli that may be distracting to others.

If a person exhibits **registration patterns less than others**, and this interferes with everyday life, increase familiarity with sensory experiences in everyday tasks. People with this pattern (sometimes called Bystanders) may benefit from contexts that are less complex and more predictable.

Adapted with Permission from Pearson SP-2 infographic at [www.pearsonassessments.com](http://www.pearsonassessments.com)