

# Brea Thornton Occupational Therapy



## What is a Sensory Profile?

The Sensory Profile is a standardised assessment that measures how someone responds to sensations in daily life. This can help identify an individual's sensory processing patterns and the results can then be used to understand how these patterns might be contributing to or creating barriers to performance in daily life. For example:

- Sensitivity to noise or lights can make it challenging to leave the home or go to the shops
- Sensitivity or avoidance with temperature or touch can make showering challenging
- Low sensitivity to internal body cues can make it challenging to notice hunger, thirst, or bodily needs
- Sensory seeking with movement can make it challenging to stay still or follow a task through to completion

A thorough sensory assessment includes observations of relevant daily tasks to better understand how different senses are affecting participation or effectiveness.

## Who completes the assessment?

Sensory Profiles are typically completed by occupational therapists (OTs). OTs are allied health professionals who specialise in supporting individuals to participate in the everyday occupations of life, including self-care, leisure, and productivity. Occupational therapists don't just assess the individual person and consider their environment and other factors that affect their ability to complete daily activities.

## What should I expect from an assessment with you?

The assessment process includes:

- Talking with you and your supports (such as family members or other professionals) to better understand your sensory needs and preferences so recommendations or strategies are individualised and personal to you. This typically includes questions about your daily routine, strengths and abilities, as well as barriers to life participation and satisfaction.

- Completing the Sensory Profile questionnaire. This includes multiple choice questions that assess the frequency (how often) you respond in certain ways to different sensations.

A report is then completed that summarises all of the information from the assessment and makes recommendations that can help you regulate sensory needs and work towards your goals.

## Frequently Asked Questions

*Do I get to see my report?*

- Yes! I will always discuss and go through the report with you first before finalising it or sending to other parties such as the NDIS.

*How long does this take?*

- The questionnaire usually takes 60-90 minutes. Report writing will vary based on the complexity of your situation.

*Does the NDIS fund sensory items?*

- Sometimes. The NDIS typically does not fund 'sensory' items but may fund items that assist someone in a way specific to their disability to participate in daily activities.
- Some items such as weighted blankets are **not** funded through the NDIS due to safety risks.

Please contact [brea.ot@outlook.com](mailto:brea.ot@outlook.com) or 0466 675 884 for more information

or if you have any questions.

