

OLFACTORY

Essential Oils Essential Oils can be used for aromatherapy. Certain scents can help with different feelings.

Scents that increase arousal Bergamot, Clary Sage, Grapefruit, Jasmine, Lavender, Lemon Verbena, Neroli, Orange, Rose Geranium, Sandalwood, Tangerine

Scents that help calm the body Bergamot, Cedarwood, Cypress, Lavender, Orange, Peach, Rose Geranium and Violet Leaf

PROPRIOCEPTIVE

Heavy duty hair elastics Stretching elastics with hands provides proprioceptive input

Theraband/Tire bands* These work in the same way as hair elastics but are larger, so they can be used for even more proprioceptive input

Additional Resources:

Murdoch, Cindy (2013). Aromatherapy: Best scents to manipulate basic emotions. *Underground Health*. Retrieved from <http://www.undergroundhealth.com/aromatherapy-brief-list-of-scents-to-manipulate-basic-emotions/>

Proper Form (2017). *Real simple*. Retrieved from <https://www.realsimple.com/health/fitness-exercise/better-posture/proper-form>

Sutherland, Morgan (2014). 6 exercises to reverse bad posture. *Mind Body Green*. Retrieved from <https://www.mindbodygreen.com/0-15552/6-exercises-to-reverse-bad-posture.html>

* see 'SPD: A Family Fanny Pack Toolkit for Adults Additional Information'

This Fanny Pack Toolkit is designed for adults on the go. For a broader Sensory Diet, visit http://thespiralfoundation.org/toolkit_adults.html

POSTURAL

Stretches Different stretches can improve posture. Here are a few that can be done while at work or in public.

Start with your shoulders rolled back and down. While looking straight ahead, slightly tuck your chin (making a double chin) and move your head back. Hold for 3-5 seconds and then release. Repeat 10 times.

Begin sitting or standing. As you inhale, raise your shoulders and shoulder blades to your ears. While you exhale, pull your shoulder blades down and together. Repeat 5-10 times.

Stadium cushion Placing a stadium cushion on your seat makes the body work harder to balance and maintain posture, increasing postural strength

VESTIBULAR

Sea bands (decrease stimulation) Sea Bands help with motion sickness by pushing on a pressure point in the wrist

Cold Packs (decrease stimulation) Small cold packs placed behind the ears and on the back of the neck can decrease motion sickness

Easy movement activities To help increase alertness, try:
Infinity Movement*
Head and neck turns*
Chair reaches*

Sensory Processing Disorder: A Fanny Pack Toolkit for Adults



WHAT IS SENSORY

PROCESSING DISORDER?

When our bodies receive sensory input from any of the five senses, balance and movement, or tendon and muscles, our brains must receive, organize, and decide what to do with these inputs. When our brains cannot effectively receive, sort, or provide motor output, we experience dysfunction of our sensory integration, which results in Sensory Processing Disorder (SPD).

Many think that SPD goes away during adulthood, but this is not true. Usually, adults develop coping mechanisms that hide their SPD, but it is still present and can take significant tolls on their lives.

This toolkit contains ideas that can help with a variety of sensory issues. It can be used when away from home, at work or in crowded places that might provoke sensory overload.

AREAS OF LIFE DISRUPTED BY SPD:

- Parenting
- Work
- Home management
- Social and leisure activities
- Interpersonal relationships
- Public transportation, driving, flying

SPD MAY BE CO-MORBID WITH:

- Anxiety/panic disorders
- Depression
- Post-Traumatic Stress Disorder
- Learning disabilities
- Attention Deficit Disorder
- Autism Spectrum Disorder

TACTILE

Wipes	For those who do not like the feeling of sticky/dirty hands, carrying wipes helps avoid discomfort.
Bandana or scarf	Bandanas can be used to cover the face, neck, head, or other part of the body that feels particularly sensitive.
Silly Putty or kneaded erasers	Pulling and stretching provides tactile input and resistance to decrease tactile sensitivity
Brushing* or beanbag tapping*	Provides deep pressure touch to organize the mind and body

VISUAL

Sunglasses/Tints in regular glasses	These can dampen intense visual stimuli such as bright fluorescent or flashing lights
Baseball hat	Blocks harsh or intense stimuli
Meditation Apps (ex. Headspace, Calm)	Many meditation apps include calming images that can help when visually over stimulated

MOTOR AND PRAXIS

Fidget cube or other hand fidgets	Various hand fidgets provide different kinds of motor input. See Additional Information brochure for ideas
Moleskin notebook/ note pad and pencil	Many people with SPD have spatial organization, sequencing, or memory problems. Writing directions, notes and names of people or places, or drawing reminders can help with organizational problems.
Snaptype app	Helps with organization & planning

GUSTATORY

Sour or cinnamon gum/candies	Either of these strong tastes helps provide organization of oral input.
Food with different properties (Crunchy, sweet, salty)	Everyone has different foods that calm them. Decide which tastes/textures help regulate you and keep a snack with those properties in your pack. This can also be helpful if you're out and the only food option is one that you cannot handle the texture of.
Swipes (Disposable toothbrush)	Swipes can be used to provide input to the inside of the cheeks, gums, and tongue. This input is helpful before eating foods with uncomfortable textures.
Water bottle with chewy top or straw	Using a water bottle with a resistive spout like a Camelback or straw can provide strong organizing oral input.

AUDITORY

Music	Different kinds of music can either provide a sense of calm (slow, classical music) or more intense auditory stimulation (upbeat music)
Headphones (regular or noise cancelling)	Headphones help block out background noise, which can be especially helpful when going to crowded or noisy places.
EASE App	Listening therapy
Minimize background noise	When possible, turn off radios, music, and televisions to help avoid auditory overload

Note: These ideas can help with day to day functioning but will not create permanent changes in functioning. For information on sensory integration, please visit the Spiral Foundation at www.thespiralfoundation.org.