

Westchester Occupational Therapy Associates

Expert care for your child's occupational therapy needs

At WOTA our therapeutic work is done in the context of play. While they're having fun, our clients gain confidence, comfort and skill

What is Sensory Integration?

Sensory Integration (or sensory processing) is a neurological process that happens automatically in all of us all of the time. Information from the world around us is continuously received by our senses and sent to the brain. This includes our familiar senses of smell, taste, vision, touch and hearing, as well as the less familiar movement (vestibular) and body position (proprioceptive) senses.

The brain organizes this information to produce appropriate responses-- coordinated movement, good balance, postural control and tolerance for everyday sounds, touch, smells and tastes. Sensory integration is also responsible for how kids regulate attention, arousal, impulse control, frustration tolerance and emotional responses.

Sensory integration is the foundation for how kids interact with the world around them, from playing on the playground or working at their desks, to using utensils and socializing with friends.

Sensory integration makes children ready to learn, and lays the foundation for their growing sense of mastery and self-esteem.

OUR THERAPY AIMS TO IMPROVE:

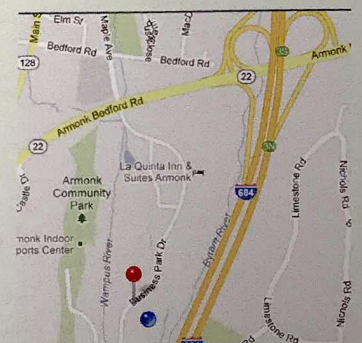
- Sensory Processing
- Gross and fine motor coordination
- Visual motor integration
- Developmental motor skills
- Self help skills
- Handwriting
- Emotional control
- Attention and organization
- Self esteem
- Sense of competency and mastery
- Social comfort
- Behavior

Treatment approaches:

- Sensory Integration Therapy
- Strength and coordination activities
- Self help skills training
- Handwriting remediation
- Interactive Metronome
- Therapeutic Listening
- iLs
- REI
- Wilbarger brushing approach
- Compensatory skills development
- Physical skills adaptations
- Ongoing consultation with parents, teacher, and therapists



Directions



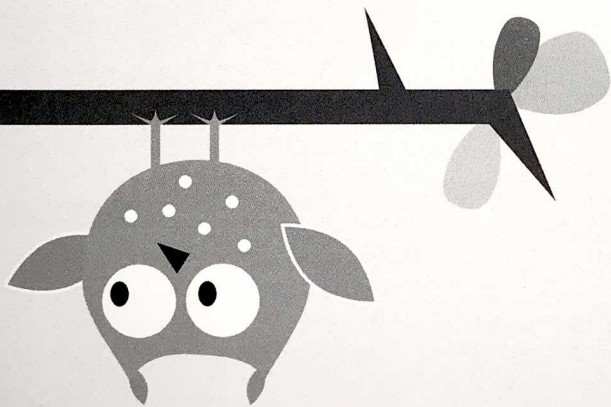
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What to look for...

-Craves excessive movement or is afraid or overwhelmed by normal movement
-Becomes irritated and withdraws from everyday touch, smells, tastes and sounds
-Poor coordination, clumsy
-Poor sense of "personal space", often bumps into things and people
-Appears inattentive, under or over-aroused, emotional labile
-Has difficulty learning new motor tasks, following multistep directions
-Presses or pushes too hard on toys, pencils, spills often
-Avoids physical play (gym, playground, sports) typical of peers
-Writing, dressing, feeding difficulties
-Poor attention and organization
-Poor impulse control, poor emotional regulation
-Easily over-aroused or often "hard to get going"
-Tires easily, slumps in chair, leans on people or walls, likes to work lying down



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