

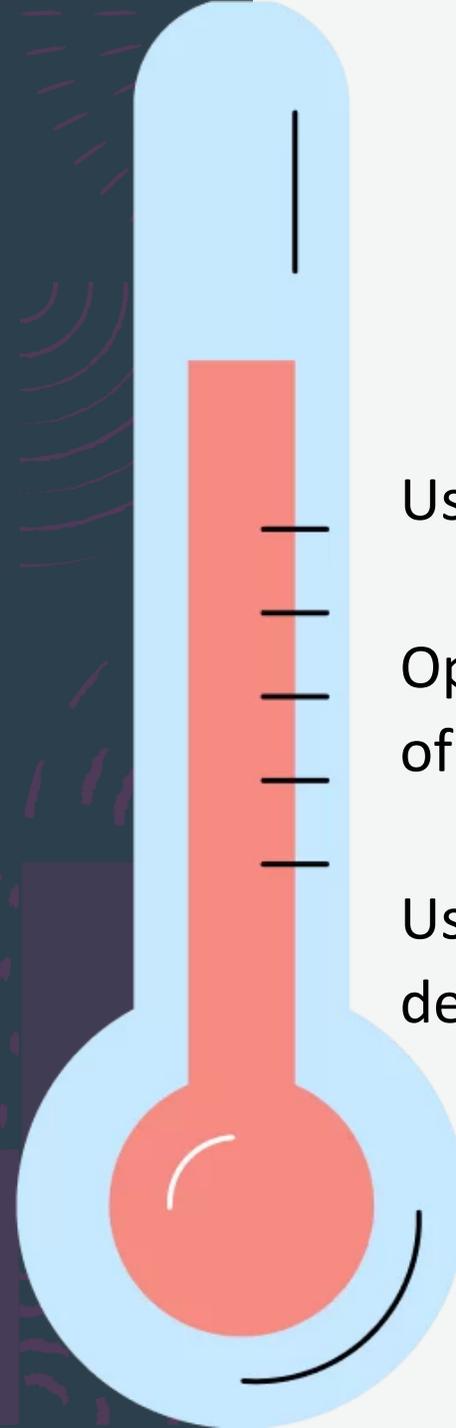
Occupational Therapy & Sensory Transitions



Associated with Oral Care

Temperature:

(hot or cold) changes:



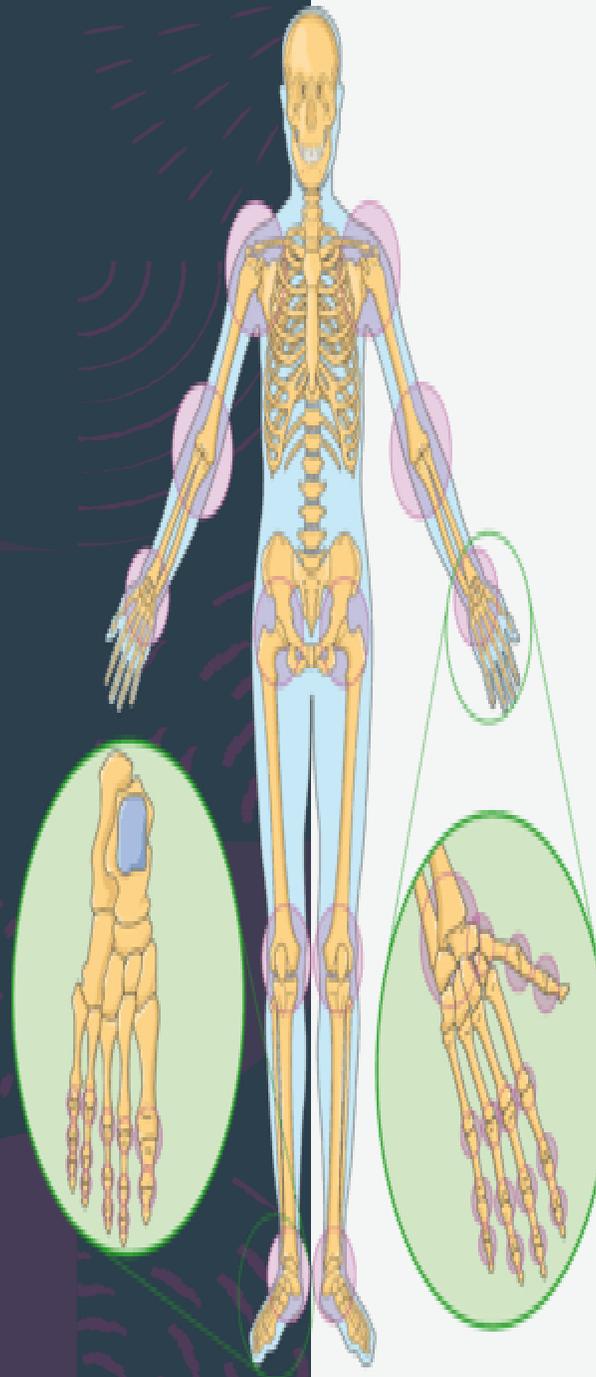
Use of cold water

Open mouth for prolonged period
of time when at the dentist

Use of air-blower when at the
dentist.

Proprioceptive:

(joint) changes



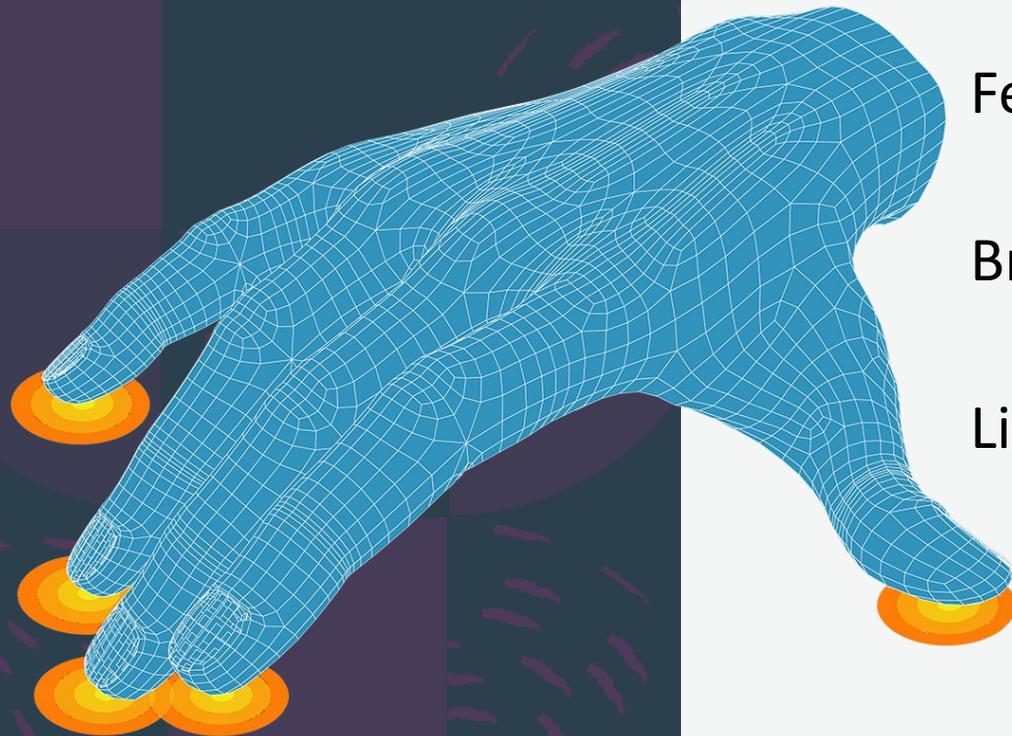
Pressure on teeth

Vibration of drills/equipment

Feeling of biting down on things
and releasing.

Tactile:

(Touch) Changes



Texture of toothpaste and rinse
(gritty? Smooth? Gel-like? Pastey?
Watery?)

Feel of metal vs. plastic vs. Teflon

Bristles movement

Light-touch vs. deep-pressure

Vestibular:

(balance) changes:



Reclining of dental chair

Bending to spit

Standing upright again

Turning head towards supplies location or for examinations.

Visual:
(sight) changes



Florescent lighting

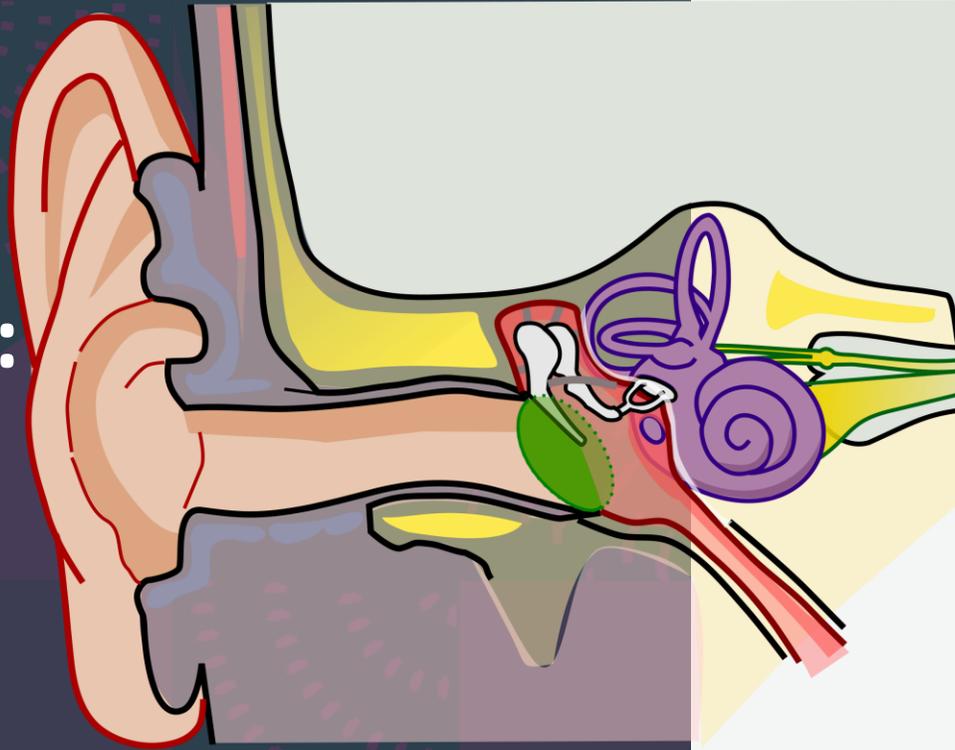
White room

Dental lights

White coats

Auditory:

(noise) changes



Sound of drills

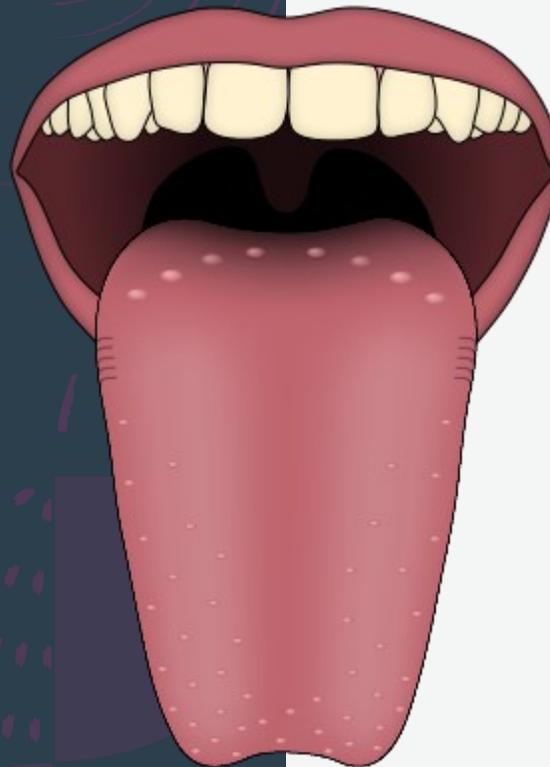
Running water

Verbal feed-back of closed-in spaces (may be claustrophobic)

Sound of brushes on teeth.

Gustatory:

(taste) changes



Taste of toothpaste

Taste of toothbrush

Taste of dental tools

Taste of water, mouthwash, air,
and blood.

Kinesthetic:

(Movement) changes



Riding in the van

Wheeling/walking down the
halls/sidewalks

Inability to move when in chair

Moving arm back and forth.

Environment

White coats!



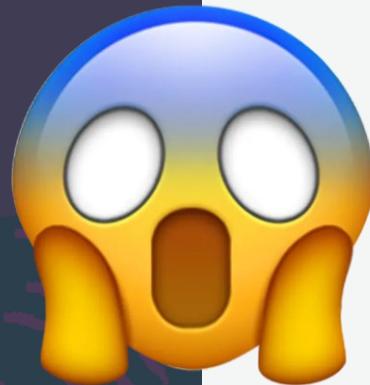
Florescent Lighting!

Closed Spaces



Dental Tools!

Running Water



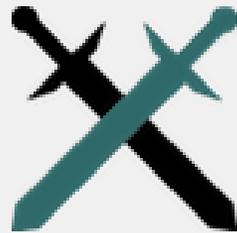
What is your Sensory Preference?

Are you Hyper or Hypo-Sensitive?

HYPER

VS

HYP0



How Can You Tell Someone Else's Sensory Sensitivities?

- Some of our folks are non-verbal and cannot identify if they are frightened, in pain, hungry, angry, or why
- Some of our folks have limited verbal skills, and may be able to identify they are angry, frightened, or in pain, but cannot identify exactly why
- Some of our folks have flat-affect, and when they are feeling anything, happy, sad, angry, or pain, there is little indication of it

What Can You Do To Help Someone Who Is Sensitive?

- You can plan and identify communication outside of verbal communication. Identify through grimace, muscle tone, motor movement, sign-language, eye gaze, and observe for receptive communication if understanding is present when expression is not.
- You can ask questions, observe the surroundings, and probe the individual who has difficulty identifying what is upsetting to better understand why the person is feeling the way they are.
- You can identify pre-cursors to impulse reactions. This will help you understand why a person is behaving the way they are.
- You can set the example, be brave, and try new things that you are afraid of. You can show and learn together, demonstrating healthy things you can do when you are struggling or having difficulty. You can constructively identify you are having difficulty and why. Lead by example. Show the sensitive person how to cope.
- Clinicians can identify what needs to be done! OTs can identify how to acclimate or adapt sensory environment! SLPs can identify oral motor skills, cognitive processing, and develop personal narratives to assist in coping! Dentist's can provide education for good oral care, and intervene when dental health issues arise! But we all work together! So ask yourself:
- Is it Tactile? Auditory? Visual? Kinesthetic? Vestibular? Gustatory? Tactile? Proprioceptive? Temperature?