

## Sensory Integration

We are all aware that there are many different terms used to describe a person's sensory needs. In Cornwall we have agreed the following description.

### *What do we mean by Sensory integration?*

Sensory integration is about how our brain receives and processes sensory information so that we can do the things we need to do in our everyday life. The term sensory processing is sometimes used interchangeably with the term sensory integration.

We may hear a person's sensory needs described in different ways, for example as sensory differences, sensory seeking, sensory overload, sensory over-responsiveness. Often when these terms are used we are talking about sensory modulation. Problems with sensory modulation occur when our brain either over responds to, or under responds to sensory information. For some people the degree to which their brain under or over responds impacts on their ability to do the things they need to do in everyday life.

There are other categories of sensory integration problems – see <https://www.sensoryintegration.org.uk/What-is-SI> for more detailed information.

For many people small adjustments to their environment or to the way they are allowed to move at school or at work can make a huge difference to how they manage their day to day life. There is training available for parents, teachers and other professionals to help you understand more about sensory integration difficulties and think about changes you can make to your environment or the way you manage work, play or school that will make these activities more accessible to people with sensory integration difficulties.

Ayres' Sensory Integration intervention (or ASI) is a term used to describe intervention developed by Ayres to improve or develop sensory integration for children and adults with sensory integration difficulties. ASI can only be provided by therapists who have specifically trained in this approach.