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Sensory Tools

More than 4.3 million people in Australia have a disability.

Not all disabilities are obvious. Some of these disabilities include sensory challenges.





All day, every day, we are surrounded by and experience sensory stimulation.

Our 8 Senses:

- Sight
- Smell
- Taste
- 4 Hearing
- E Touch
- Proprioception
 Where I am in space.
- Vestibular

My sense of balance.

Interoception

How I feel inside.

They help us to receive sensory information in a manageable way.

Sensory input

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i, They can provide calming relief, a therapeutic distraction/replacement, or predictable and repeatable sensory input.

Sensory tools can assist to

calm focus distract

Lots of different people benefit from using some sort of external 'sensory tool' to enable them to:

- concentrate
- regulate their emotions
- absorb information within the environment around them



Some disabilities, learning difficulties, or even stress, can affect how your working memory functions, allowing ALL of the other things you could/should be doing to fight for space in your thoughts.



Build a Wall!



Sensory tools, such as fidget tools, can help build a **mental wall** to separate everything else so that you can focus on the task at hand.

Some sensory items are designed to help be the buffer, and can create a temporary shelter.

Once feeling more secure, a person is better able to deal with current situations and environments.

Sensory tools

help us regulate sensory input

provide calming relief

are a therapeutic distraction/replacement

help us to receive sensory information in a manageable way provide predictable and repeatable sensory input

Some people may seek to stimulate their senses or increase their alertness

for example, people who have ADHD

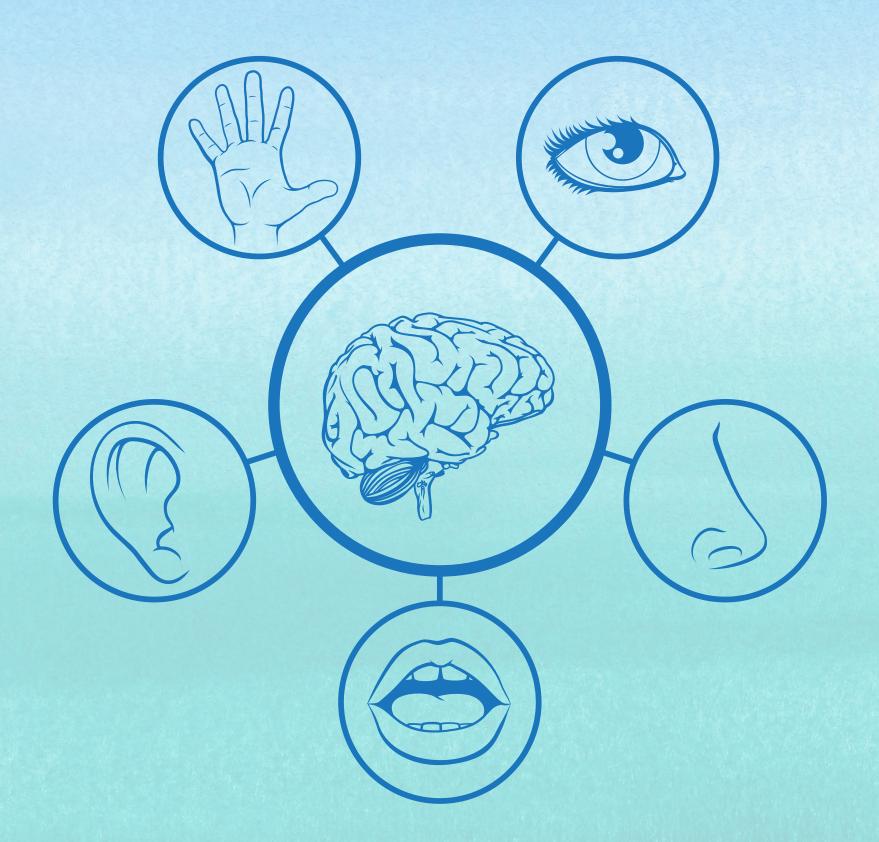
Others may want to minimise sensory input or decrease alertness

such as those with autism or anxiety

The difficulty for others may lie with

processing specific types of sensory information

such as a specific frequency of sound.



The important thing to remember is that some people experience difficulty with sensory regulation and may require assistance to achieve a better balance.

Sometimes if the situation or environment cannot be changed, people can use sensory tools to assist them to increase or decrease their alertness, depending on what is appropriate for the situation.

There are many types of sensory items that might help.

Some common items include:

- weighted animals
- fidget toys
- balance items
- auditory reducing earmuffs



Build skills and confidence in

welcoming people with disability.

Reduce sensory barriers so everyone has equal access.

Increase the number of people who can participate.

Sensory tools are not only beneficial for those who are neurodiverse - everyone can enjoy them.