Understanding Your Sensory Needs Workshop

What is the session about?
This is a workshop for people who have recently received a neurodevelopmental diagnosis (ASD, ADHD or Dyspraxia) and their partners, family members or friends. Sensory processing refers to how we use the information provided by all of the sensations from within our body and from our environments. All of the information is integrated to give us an understanding of who we are, where we are and what is happening around us.

What will happen in the session?
The session will be run by an Occupational Therapist. They will provide a brief overview of the theory relating to sensory processing and practical strategies to use. It also offers an opportunity for you to speak to other adults to gain further support.

Who can attend the session?
The session is free for any adult who has been referred to the Adult Neurodevelopmental Service, who has difficulties with sensory processing affecting their participation in daily life. You may have already spent years not knowing why you have reacted differently from sensations or situations and may want to explore and understand this further.

You are welcome to bring along a family member, friend or professional to support you.

Please note this session is for adults only. Please ensure that you make arrangements for your child/young person to be looked after as we do not offer any childcare facilities.

Who will lead the session?

Karen Scorer
Clinical Lead
Occupational Therapist

Adult Neurodevelopmental Service
024 7696 1355

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