Supporting vulnerable people to maintain their tenancy – sensory issues

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The Eight Sensory Systems

- VISUAL (SIGHT) - Information received via our eyes

- OLFACTORY (SMELL) - Information received via our nose

- GUSTATORY (TASTE) - Information received via our taste buds

- AUDITORY (HEARING) - Information received via our ears

- TACTILE (TOUCH) - Information received via our skin
• **VESTIBULAR (BALANCE)** - Information received via our inner ear to tell us about movement and balance.

• **PROPRIOCEPTION (BODY AWARENESS)** - Information received via our muscles and joints to tell us where our body is in space.

• **INTEROCEPTION** – allows us to ‘feel’ our internal organs and skin, gives information regarding the internal state of our body. Provides information on body states and emotional states.
Activity

Stand on one leg - Do this firstly with your eyes open, for 10 seconds. Then try with your eyes closed for 10 seconds.

Think about:

Whether it was harder with eyes closed or open?
What happened to the quality of your performance?
What other sensory systems did you rely on?
Finding the Right Balance
• See behaviour - think sensory

• Consider the environment......
Environmental Considerations

Personal space/ seating

Flooring

Noise levels

Uncluttered

Colours & patterns

Don't stand in it!!
Spot the Sensory Hazards

Smells. Textures. Noises from flush and hand driers. Ice cold water. Reflections in mirror. Holes in floor?! Scary shadows through window...?
Supermarket

Not fun for many of us
ANY QUESTIONS
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