



Sensory Processing Disorder Programme

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with SEND



The aim is to improve the lives of CYP and the parent and carers of those demonstrating SPD by understanding and managing the environment and developing strategies.



Background

- Increasing requests for support for CYP with SPD
- The only offer was out of county provision for Ayres Sensory Integration therapy
- Meaning many parents and carers making long journeys for a 1 hour a week session
- No evidence that Ayres SIT is effective
- CDC announce that it is not advocated but 'parent carer mediated intervention' is.



What is parent carer mediated intervention?

The intention is to manage rather than change the person's sensory needs by:

- Identifying their sensory strengths and differences
- Adapting the environment
- Modifying the task
- Developing strategies to help the person
- Manage their own sensory need
-in their own environment



Collaboration NHS, LPCF and LA

- Agreed a pilot to deliver 8 workshops
- Delivered one F2F which went well but CV19 halted progress
- All staff redeployed but the need continues to escalate!
- Working with LPCF and expert professionals we developed an online offering allowing parents and carers to work in their own time and space



What does that mean?

We approached any one who had previously requested support and advertised through Local Offer and extended an invitation to be a part of the online pilot....



Online training offer...

A raft of supporting resources developed by specialists including:

- You tube videos introducing SPD
- On online interactive resource that allows you to understand your particular child and provides a whole load of supporting techniques and interventions you can use in your own home, supermarket, school etc.



Helps you to understand...

- The way that an individual responds to sensory stimulation is an indicator of what their nervous system requires
- That each individual is likely to have a mixed profile, being hyper in some senses, whilst hypo in others
- That an individual's sensory sensitivities can fluctuate on a daily basis. What they may be able to tolerate, on another day may be overwhelming



Zoom workshop with Behavioural Specialist

- What SPD is
- The 8 senses
- Filtering out Background Stimuli & Overload
- Hypo and hyper sensitivities
- Behaviours of concern
- Helpful Tips & Strategies



Diary

- With a 12 week diary to monitor progress
- Trying an intervention
- Rating the success
- Gives clear picture of what worked and what didn't...



Week 2	What have we tried? What worked well? What didn't?	How well it worked rating
Monday		<input type="checkbox"/>
Tuesday		<input type="checkbox"/>
Wednesday		<input type="checkbox"/>
Thursday		<input type="checkbox"/>
Friday		<input type="checkbox"/>
Saturday		<input type="checkbox"/>
Sunday		<input type="checkbox"/>
What we need to focus on next week?		



Follow up and support

- At the end of the 12 weeks there is the option of a 121 Zoom call with an OT if further advice is required
- The OT will review the diary and consider other interventions if required.
- It is a prerequisite to that Zoom call that the diary is completed.



Hoping for success!

- Robust evaluation to be presented once the programme is complete and evaluations received
- These will inform whether it becomes a substantive programme!



Thankyou!

Any questions?