

Our Sensory Differences Explained

(the info below is a summary from Winnie Dunn's book Living Sensationally & Brown & Dunn's Adolescent/Adult Sensory Profile, form created by Rebecca Elder, M.S./OTR, L, permission required for duplication)

<p>“Bystanders” score high on: “Low Registration” on the profile. Characteristics are:</p> <ul style="list-style-type: none"> ❖ Exert a calming influence ❖ Need more sensory info than others ❖ Input needs to be stronger (e.g. louder sounds, stronger smells, faster movements...) ❖ Can be unaware of environment and others ❖ They need more sensory info to register what is happening 	<p>“Seekers” score high on “Sensation Seeking” on the profile. Characteristics are:</p> <ul style="list-style-type: none"> ❖ They seek a lot of sensory input and more of it (e.g. more color, music, variety of patterns) ❖ They constantly seek new sensory experiences including movement ❖ good at IDing new ideas, very creative, can work on several things at once ❖ May have difficulty getting things done on time
<p>“Sensors” score high on “Sensory Sensitivity” on the profile. Characteristics are:</p> <ul style="list-style-type: none"> ❖ Very particular about their environment, need to control it closely ❖ Detail oriented people who take care of business ❖ Notice most sensory info ❖ Have specific ideas about what is good level for sound, light, smells etc. ❖ May be distracted by sensory input 	<p>“Avoiders” score high on “Sensation Avoiding” on the profile. Characteristics are:</p> <ul style="list-style-type: none"> ❖ Don't enjoy new sensory experiences, avoid them ❖ Prefer order, routine, plans ❖ Become anxious when plans/sense input changes ❖ Prefer to control amount of sensory input they receive ❖ Prefer to stay home vs. go out for meals, shows etc. ❖ Spaces are organized, simple in decoration

