



Dr. Poonam Sooknanan, DPT
Doctor of Physical Therapy
Infinite Therapy Solutions
Co-Founder, CEO

Interventions to enhance the virtual classroom as well as the PT, OT, Speech, ABA experience

- ★ What is Sensory Processing
- ★ Strategies to Address Sensory Issues
- ★ Strategies to enhance the Virtual Classroom environment at home and how it relates to PT, OT, Speech, ABA
- ★ Differences between School Based and Outpatient Therapy
- ★ Supplementing School Therapies
- ★ Introduction to Infinite Therapy Solutions

Sensory Processing



receiving information from the senses



processing and interpreting those signals

And then..

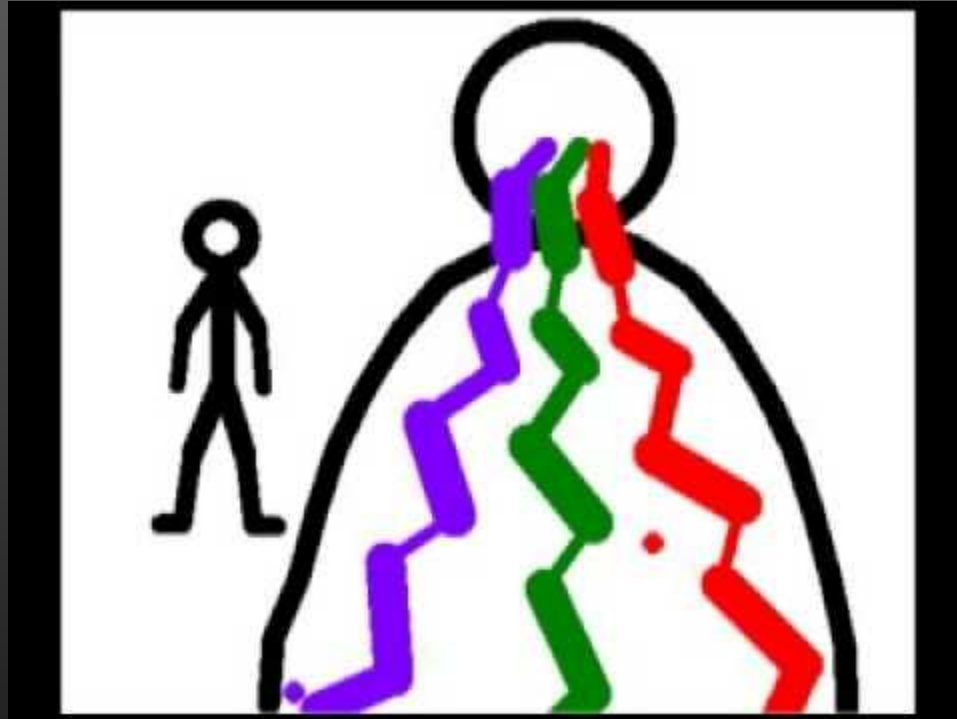


responding to that information

What is it?

Sensory Processing is:

Sensory Processing



Sensory Processing Disorder (SPD)

- When something goes awry during any one of those processes, you may end up with SPD.
- Causes are unknown at this time. 90% of children on the Autism Spectrum have some form of SPD, however, you do not have to be on the spectrum to have it.
- Good news is that it is very treatable if addressed by a professional, preferably an occupational therapist who has been trained to deal with these issues.

The senses most often involved in Sensory Processing Disorder

TACTILE SENSE

1. **Tactile**- Is your sense of touch. Frequently affected in this disorder. Children may underrespond or overrespond to these sensations.
 - Underresponsive = hyporesponsive
 - Overresponsive = hyperresponsive



AUDITORY SENSE

Second sense most often affected by SPD is the ***auditory sense*** (sense of hearing). Children may be hyposensitive or hypersensitive to auditory inputs (i.e. covering your ears from otherwise normal sounds of the vacuum, school bell, fire truck, ambulance).



PROPRIOCEPTIVE SENSE

Proprioceptors are located in our muscles and joints and receive they are constantly receiving input as we move. The proprioceptive system is responsible for helping us move through space and move our bodies effectively.

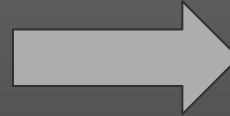
It is our body awareness, or knowing where our bodies are in space without our vision.



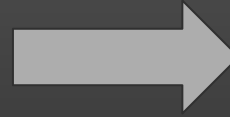
VESTIBULAR SENSE

This is located in your inner ear and is responsible for your sense of balance and sense of movement.

In the sensory world, this is the powerhouse of the senses because it is also linked to our visual and auditory systems and works hand in hand with the proprioceptive system.



It is stimulated by changes in head position.



If there is dysfunction in this system children are extremely fearful of movement or having their feet off the ground,

WHAT TO DO NOW?

Screening Tool- If you have an inkling that a child may be struggling with this, you can use the screening tool provided to see if an occupational therapy evaluation is warranted.

A licensed occupational therapist would then do a more thorough and comprehensive evaluation of the child to tease out what exactly is going on, what systems are affected, and the best course of treatment. It may be one system affected or many.

Strategies to address Sensory Issues

Sensory Diets- prescribed set of activities done throughout the day and at home to address a child's sensory needs. The diet should include activities from each of the sensory areas. Sensory diets should be done consistently and at certain times of day.

Examples of at home activities for each area:

Tactile: shaving cream, play doh, rice and bean boxes, finger paints, water and sand play, theraputty, floam.

Proprioceptive: jumping on a trampoline or on cushions, crawling on all fours or through a tunnel, crab walking, bear walking, wheelbarrow walking, carrying heavy objects from one place to another, yoga and pilates for kids, mat or ball sandwiches.

Strategies continued

Vestibular- head and neck rolls, somersaults, log rolling, swinging in a sheet or on a swing, yoga and pilates.

Auditory- sound based programs (i.e. Therapeutic Listening, The Listening Program, Tomatis. These programs need to be initiated and monitored by a trained professional.

Virtual Classroom Environmental Strategies



1. Reduce visual stimulation
This increases attention and focus.
2. Use natural light as much as possible.
3. Reduce the noise level.
Routines and orderly procedure are key.

Strategies continued



5. Force nothing upon a child.

6. Activities should be short to accommodate short attention spans.

7. Use short, direct, concise instructions

8. Seated activities should be interspersed with movement activities. **GET YOUR KIDS MOVING!**

OTHER IDEAS: PT/OT

SENSORY MOTOR WALK STATIONS:

- Print the sheets, tape them to the wall, and have your child move from 1 station to another
- You choose a specific station depending on the child's needs at the moment. (ie: calming, alerting, figure eights, crossing midline before completing a handwriting task) <https://www.growinghandsonkids.com/sensory-motor-walk-stations-for-home.html>
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Obstacle Course Challenges:

- Your child has to complete a 1-4 step obstacle course that they time themselves on. They write their time on a sheet of paper and throughout the day, they have to try and beat their time. <https://www.raisingdragons.com/indoor-obstacle-course-for-kids/>

OT Teletherapy Must Have Items

https://www.youtube.com/watch?v=dx9VIh_yAs0

SPEECH THERAPY

- Apps or websites:
 - Starfalls
 - Boom cards
 - Articulation station
 - Get children up and moving -Helps with the motor programming
 - Incorporate animal walks- I have the child pick an animal and display it on the computer. Have them show you how they would walk like it and sound that animal
<https://www.youtube.com/watch?v=vywo8eUk1Dc>
 - Scavenger hunt- hide objects, hide written words on post-it notes, or pictures and have the child find. You as the parent can give clues as to where it might be hiding. Your child can vocalize where they are looking and where they have found the items.

SPEECH THERAPY

- Match movement to words
- Describing game
 - set a timer, have the child find 3-5 things in the house and bring them back to show you.
 - Use visual cues of an eye (can we see it), nose (smell it), mouth (taste it/eat it), ear (makes a sound), and hand (touch it) to help guide child to describe items
 - Then you, the parent have to guess which one is being described.
- Dance party
 - Play music then stop and ask questions, name pictures, practice a letter sound, then play the music again. Again making it fun between tasks.

ABA

- All Children need discipline; clear rules and consequences create order in our lives
- When rules and consistent consequences are not working to alter behavior and meltdowns continue, we need to reflect on why the meltdowns occur
- There is a 4 step model of managing meltdowns:
 - Managing our own expectations of our children so that we can
 - Control our temper
 - Create a sense of competence within our children
 - Avoid constant power struggles
 - Learning strategies to calm a meltdown in the moment
 - Understanding why a meltdown occurs
 - Creating plans to create future meltdowns

Don't Forget About You



School Based Therapy

Follows an Educational Model of Service Delivery

Qualifications for PT/OT/Speech in the school is supportive in nature to the educational environment.

To qualify, deficits in these areas need to be impacting the education of the child within the classroom/school setting that he/she is in.

These mandates are guided by the governing bodies: APTA, OATA, ASHA

Outpatient Therapy

Follows a Medical Model of Service Delivery

Qualifications are not as strict for children. More so dependent on the insurance benefits

Can incorporate goals that focus on quality and finesse of gross and fine motor movement and receptive and expressive language

Goals would address all aspects of a child's life, in addition to educational. This includes recreational (sports), social, and home environment

Role of Therapists in the School System

- **School Based Physical Therapy**

- The Physical Therapist addresses motor function that prevents a child from accessing his/her education or achieving a goal that has been set by the school team. Special consideration is given to mobility skills that affect the child's ability to move within or be evacuated from the school building.

- **School Based Occupational Therapy**

- Occupational therapists use focused activity to promote self help, fine motor and written communication skills, and to facilitate a child's active participation in self-maintenance; academic and vocational pursuits; and play activities that occur in school environments.

- School Based Speech Therapy

- Speech and Language Pathologists use focused activity to promote speech, language and communication skills, and to facilitate a child's active participation in self-maintenance; academic and vocational pursuits; and play activities that occur in school environments.

- School Based Applied Behavioral Analysis (ABA)

- Specialists design goals and objectives to address the learning needs of students on the Autism Spectrum and other diagnosis who require discrete trial programming so that they are able to effectively engage in classroom curriculum with optimal support.

Outpatient Therapy

Supplement your child's school therapy with outpatient therapy after school.

Therapists are considered essential healthcare workers so many outpatient centers will remain open if there is another shutdown with Covid numbers rising.

Covid Precautions at Infinite Therapy Solutions:

- No Waiting Room (parents must drop off and pick up, cannot enter the facility)
- Temperature checks of Therapists and Child
- Covid questionnaire to be signed every time
- Masks to be worn by therapist and child (if able)
- Scattered treatments to ensure minimal interactions
- Thorough disinfection of therapy rooms, and toys engaged with between sessions
- Air ventilation purification upgrade
- Sterile Space sprays the entire clinic for rehabilitation disinfection safe zones. <https://www.sterilespace.com/>

The Process

- Call The facility
- They will check your insurance benefits.
- The office will speak with you about your financials
- An evaluation with the therapist (PT, OT, Speech, ABA) is scheduled
- Once the evaluation is performed, it is sent to your insurance company for review and authorization
- Once received, weekly therapy sessions are scheduled
- If more therapy is recommended beyond the authorization, the therapist submits a re-evaluation to the insurance company

Infinite Therapy Solutions

Bayonne Location



West Orange Location



Thank you Roseland SEPAC !

