

How to Contact Us

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Hoghton Street Clinic
52 Hoghton Street
Southport
PR9 0PN
01704 395895

Website: <https://alderhey.nhs.uk/services/occupational-therapy/>

Our patients matter

If you have any comments or concerns about the service we provide, you can speak with a member of the team directly via the telephone numbers above or contact our Patient Advice and Liaison Service (PALS)

☎ 0151 252 5161

✉ PALS@alderhey.nhs.uk

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested

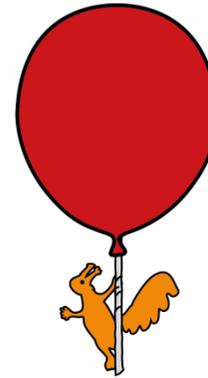
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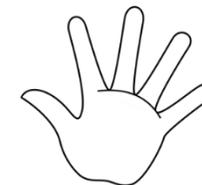
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Children's Community
Occupational Therapy Service

Sensory Processing



Parent / Carer Information Leaflet

What is Sensory Processing?

Sensory processing is the process of taking in information from the world around us, making sense of that information and using it to act and respond in an appropriate manner. Information about our own body and the world is gathered from the 7 senses.

- Touch (Tactile)
- Movement (Vestibular)
- Body position (Proprioception)
- Sight (Vision)
- Sound (Auditory)
- Smell (Olfactory)
- Taste (Gustatory)



What are the signs of sensory processing difficulties?

Everyone has some sensory processing difficulties now and then, because no one is well regulated all the time. However for some individuals sensory processing difficulties can have a significant impact on their daily life. For example:

- Overly responsive to touch, sights or sounds
- Under responsive to movement, sights or touch
- Difficulties in organising and carrying out everyday activities

Sensory Service Pathway

Sefton Community Occupational Therapy Service offers parent / carer sensory workshops to equip parents with knowledge and skills to reduce the effect that sensory processing difficulties have on their child's daily life.

The workshop lasts approximately 2½ hours and will include a presentation on 'Understanding Sensory Processing' followed by a question and answer opportunity.

A workbook full of strategies and ideas to help will be provided during the workshop.

The Community Occupational Therapy Service is an advice and strategies only service, we do not work directly with your child.

There will be opportunities for further advice and support following attendance at a workshop.

Sensory workshops can be accessed through completion of a referral form by parent / carer. Referral forms can be requested by contacting your local Occupational Therapy Team – details can be found on the back of this leaflet.

Please Note: The workshop is for adults only and unfortunately children cannot be accommodated.

