



**Emerge
Pediatric Therapy**

SENSORY INCLUSION IN THE COMMUNITY

THIS WORKBOOK CONTAINS SELF-REFLECTION QUESTIONS,
VIDEOS, AND RESOURCES TO SUPPLEMENT THE VIDEO.

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HELLO AND WELCOME!

We are Emerge Pediatric Therapy, a group of therapy clinics in the Triangle that offers customized occupational, pediatric, and speech therapy for infants through teens. In addition to working 1:1 with kids, we emphasize parent and community education around how to support these kids and families. Two of our core values are Collaboration and Advocacy, meaning we strive to be collaborative with our colleagues, our families, and the greater community, in order to support each other and the families we serve.

This workbook offers reflection questions and additional resources to be used in tandem with the Sensory Inclusion video.



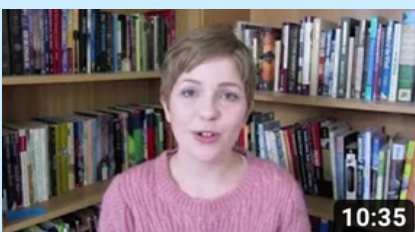
MODULE 1

SENSORY BASICS

- 1.** We are all sensory beings with different preferences and areas of comfort or distress, even without an SPD diagnosis or difficulties functioning in daily life. **When learning about the sensory profiles, did any of them remind you of yourself?**
- 2.** Think about the different environments you interact within each week. **If you have a strong preference or dislike for a certain activity, reflect and see if any of your feelings are impacted by your unique sensory system.**

Example: I tend to avoid large parties, especially with people I don't know well. When I think about why, a huge factor is that I have difficulties processing sound, especially spoken language, in noisy environments. I have difficulty focusing and then find that my heart rate elevates and my eyes might lose focus while my brain is trying to process new information. With familiar people, I am processing less new information and have more brain space available to regulate my auditory processing.

Watch this video before moving on to Module 2!



**Ask An Autistic #9 -
What is Sensory Processing Disorder?**

<https://www.youtube.com/watch?v=upU-dc19Taw>

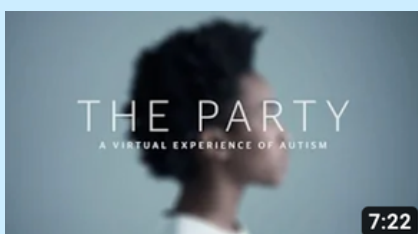


MODULE 2

RECOGNIZING SENSORY DIFFERENCES

Sensory differences can be challenging to understand or conceptualize, if you have never experienced them. And each person's response and interpretation of their sensory experience will be different! This video is meant to provide you with some perspective into what it is like for person's with sensory differences.

Watch this video before moving on to Module 3!



The Party
a virtual experience of autism - 360 film

<https://www.youtube.com/watch?v=OtwOz1GVkDg>



MODULE 3

SUPPORTIVE RESPONSE

1. Where in your facility could you create a safe, low stimulus environment for patrons to recharge?
2. What improvements could you make or supports could you provide to allow patrons to stay within the experience?
3. How can you and your team show patrons that you are available for support?

OUR FAVORITE SENSORY SUPPORTS

Go to the Emerge Favorites page on our website for links to sensory supports like blankets, headphones, compression garments, and fidgets.

<https://emergepediatrictherapy.com/emergefavorites/>

We also offer customized Emerge Pediatric Therapy fidgets and sunglasses! If you are interested in purchasing some of these fidgets for your facility, please email brittni@emergepeds.com to make a request!





MODULE 3

NEURODIVERSITY BASICS

- 1.** Simplify this statement:
"Before you enter, I need to see your tickets and check your bag on the table to your left due to our safety procedures."
- 2.** How many communication modalities can you use for this task?
Tell a patron how to get to the nearest bathroom without using spoken language.
- 3.** Reflect on the ways you stim:
What ways do you stim when bored, anxious, excited, or tired?

ADDITIONAL RESOURCES



PODCASTS

Two Sides of the Spectrum

Uniquely Human



BLOGS & ARTICLES

Neuroclastic

Autistic Not Weird

The Double Empathy Problem
(autism.org.uk)

THANK YOU!

We hope that this training program increased your understanding and confidence when working with members of the community who might be neurodivergent or have sensory processing differences. If you have any questions or would like additional information, don't hesitate to reach out!



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