



# Sensory Processing Disorder

## Symptoms

- Over or under-sensitive to sensory stimuli.
- Difficulty filtering background noise.
- Emotional dysregulation when overwhelmed.

## Age & Gender

- Often identified in early childhood.
- Diagnosed more often in males.
- Females are often missed due to masking.

## Misconceptions

- It's not bad behaviour, sensory input is genuinely overwhelming.
- Not the same as autism, though they often co-occur.
- Not something people can push through with willpower.

## Diagnosis

- There is no standalone DSM-5 diagnosis.
- Often identified by an occupational therapist.
- Frequently co-occurs with other conditions.

## Treatment

- Sensory integration therapy with an Occupational Therapist.
- A personalised 'sensory diet' of daily activities.
- Environmental adjustments to reduce stimuli.

## Support

- Offer quiet or low-stimulation workspaces.
- Reduce sensory triggers like flickering lights.
- Allow headphones, sunglasses, or fidget tools.