Sensory Strategies for Older Students

Sensory Discrimination Differences in Teens and Adults

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Teens and young adults with sensory discrimination difficulties may have difficulty processing and interpreting information that allows them to understand external/environmental cues and internal/body cues. They may have trouble interpreting information in order to perform self-care or maintain social expectations and norms. Sensory discrimination differences can affect one or multiple sensory systems.

Strategies for Teens and Adults with Sensory Discrimination Differences

- Set reminders for meals and create routines to maintain nutrition and self-care needs
- Use written directions and pair spoken language with visuals, whenever possible.
- Communicate clearly about voice volume, touch, and expectations
- Adapt clothing or activities for success, such as shoe-tying or tying a tie.
- Use color-coded or visually distinct items, such as keys
• Practice kitchen safety routines to prevent burns or burning food
• Practice light touch, particularly for affection, play, or when interacting with animals
• Use adapted paper, such as graph paper when doing math problems
• Discuss and label sensations to improve awareness, such as hunger or fatigue and teach routines for managing needs