Sensory-seeking individuals often continue to crave input as they get older. They may be at risk for having difficulty with increased social issues over time. Sensory-seeking can impact an individual’s work, leisure, and self-care.
Strategies for Sensory-Seeking in Teens and Adults

*Remember the need for intense input does not automatically disappear just because a person is older.*

- Carry small fidgets in pocket or purse
- Keep pack of gum and mints on hand
- Use daily care items; such as an electric toothbrush, “loofah” sponge, and a heavy towel to provide extra tactile and sensory input
- Incorporate exercise and movement into daily routine (at intensity needed)
- Have crunchy and chewy snacks in car and in a bag for work or school
- Incorporate favorite scents, colors, and textures into home environment
- Set a reminder for proactive movement breaks in the classroom or office
- Consider standing desks, rocking or ball chairs, or other alternative seating
- Keep headphones on-hand to listen to music when working
- Create routines for calming before bedtime
- Consider other options for meeting sensory needs, when needs interfere with function
- Use caution when seeking sensation, with regards for safety, particularly with substances and activities that can compromise health.