

Allen Cognitive Level 2 Sensory Diet Guide

Listed below are types of stimulation generally appropriate for individuals at this level of cognitive functioning. Things checked off have been utilized during this admission and have had positive results. Caregivers will need to initiate, facilitate, set up and help to incorporate the following suggestions into the individual's daily routine and modify as appropriate. See the corresponding caregiver guide and discharge summary for additional recommendations.

Proprioceptive Cues

Generally attentive to: Positioning/movement, own body, furniture, own clothing, & others when in their visual field/awareness.

- Therapeutic listening: _____
- Music/singing/musical Instruments
- Sound machine: _____
- Weighted blanket/weighted lap pad/weighted vest/wrist weights/ankle weights
- Blanket wraps
- Therapeutic use of touch/massage/hand hugs
- Wilbarger Protocol/joint compression
- Walking with assist
- PROM/AAROM/reaching activities
- Aromas/scented lotions: _____
- Objects to grasp/hold (towel)
- Drinking through straws/sucking thick liquids through straws
- Different tastes
- Stuffed animals/dolls/pillows – with favorite materials
- Bubbles
- Lighting/lighting equipment (bubble lamp/projector/mobiles) within visual field
- Light box protocol: _____
- Bean bag chair/glider rocker
- Various types of chair pads/textured cushions
- Vibrating pads/vibration: _____
- Other: _____

Common Sensory Considerations:

- Approach from within the person's visual field
- THE ENVIRONMENT: when or whether it may become over or under stimulating
- Gravitational Insecurity: *may* strike out, grab, yell or appear stubborn if feeling insecure
- Sensory impairments, sensitivities, tendencies or sensory deprivation
- Age, cultural considerations and what is meaningful to the person
- Be aware of any allergies, seizure history and diagnostic considerations before using sensory-based techniques.
- Combinations of the suggestions above may increase the intensity of the stimulation provided.

Compiled by: Tina Champagne OTR/L & Jeanne Schubmehl OTR/L – revised 12/2003

Allen Cognitive Level 3 Sensory Diet Guide

Listed below are types of stimulation generally appropriate for individuals at this level of cognitive functioning. Things checked off have been utilized during this admission and have had positive results. Caregivers will need to initiate, facilitate, set up and help to incorporate the following suggestions into the individual's daily routine and modify as appropriate. See the corresponding caregiver guide and discharge summary for additional recommendations.

Tactile Cues

Generally attentive to: Material objects or people within arm's reach, exterior surfaces, exits, familiar faces, music, and movement.

Sensory Stimulation

- Rocking chair
- Glider rocker
- Bean bag chair
- Bubble lamps/lighting equipment: _____
- Light box protocol: _____
- Therapeutic listening: _____
- Sound machine: _____
- Music/sing-a-longs/musical instruments
- Sucking thick liquids through straws
- Different tastes/textures/temperatures of foods as appropriate
(Ex: sweet/sour, chewy/crunchy, cold/warm)
- Various types of chair pads/textured cushions
- Stuffed animals/pillows-with favorite materials
- Wilbarger Protocol
- Joint compression
- Therapeutic use of touch: _____
- Blanket wraps
- Weighted blanket
- Weighted lap pad/ weighted vest
- Wrist weights/ankle weights
- Weighted utensils/weighted pens
- Vibration: _____
- Koosh balls/larger-sized assorted manipulatives
- Aromatherapy: _____
- Scented lotions: _____
- Other: _____

Activities

- Feeding self as appropriate
- Walking, with assistance as needed
- AROM/AAROM
- Seated stretching/reaching activities with assistance as needed
- Wiping surfaces/tables
- Folding towels/clothes
- Manipulating objects: larger-sized items of interest/of varying textures
- Putting objects into containers/out of one to another
- Polishing items
- Balloon volleyball
- Blowing, catching or swatting at bubbles
- Tossing games: particularly those that do not require bilateral coordination
- Oil/water toys
- Singing/humming
- Clapping
- Use of building blocks
- Large-sized puzzles
- Items from past roles to manipulate or use
- Basic craft activities with assistance
- Painting with assistance as needed
- Sanding wooden objects
- Writing
- Coloring
- Sewing cards/basic sewing-running stitch
- Other: _____

Common Sensory Considerations

- Approach from within the person's visual field
- THE ENVIRONMENT: when or whether it may become over or under stimulating
- Sensory impairments, sensitivities, tendencies or sensory deprivation
- Age, cultural considerations and what is meaningful to the person
- Be aware of any allergies, seizure history and diagnostic considerations before using sensory-based techniques.
- Combinations of the suggestions listed above will increase the intensity of the stimulation provided.

Allen Cognitive Level 4 Sensory Diet Guide

Listed below are types of stimulation generally appropriate for individuals at this level of cognitive functioning. Things checked off have been utilized during this admission and have had positive results. Caregivers will need to initiate, facilitate, set up and help to incorporate the following suggestions into the individual's daily routine and modify as appropriate. See the corresponding caregiver guide and discharge summary for additional recommendations.

Visual Cues

Generally attentive to: People, places, and things within their visual field, two-three step directions, simple/concrete goals and activities of interest.

Sensory Stimulation

- Rocking chair
- Glider rocker
- Bean bag chair
- Swinging
- Bubble lamps/lighting: _____
- Light box protocol: _____
- Therapeutic listening: _____
- Sound machine: _____
- Music/singing/humming/whistling
- Sucking thick liquids through straws
- Different tastes/textures/temperatures of foods as appropriate
(Ex: sweet/sour, chewy/crunchy, cold/hot)
- Aromas/Scented lotions
- Various types of chair pads/textured cushions
- Stuffed animals/pillows - with favorite materials
- Bean bag tapping/self massage
- Wilbarger Protocol
- Joint compression
- Blanket wraps
- Weighted blankets/weighted lap pad/ weighted vest
- Wrist weights/ankle weights
- Ice: _____
- Hot/cold pack
- Hot/cold bath or shower
- Vibrating cushion/vibration: _____
- Other: _____

Activities

- Isometric exercises
- Bean bag tapping
- Stretching
- Walks
- Fidgets/stress balls
- Bingo
- Basic card games
- Target games
- Tossing games
- Clay/Dough kneading
- Cooking/baking
- Musical instruments
- Painting
- Coloring/Drawing
- Basic craft activities
- Sewing
- Puzzles
- Videos
- Gardening
- Dancing
- Basic cleaning tasks
- Karaoke/use of basic hand held instruments
- Other: _____

Common Sensory Considerations:

- THE ENVIRONMENT: when or whether it may become over or under stimulating
- Sensory impairments, sensitivities, tendencies or sensory deprivation
- Age, cultural considerations and what is meaningful to the person
- Be aware of any allergies, seizure history and diagnostic considerations before using sensory-based techniques.
- Combinations of the suggestions listed above will increase the intensity of the stimulation provided.

Name:

Date:

Create Your Own Personalized Sensory Diet Form

Check off the things that are helpful to you!

Sensory Stimulation

- Rocking chair
- Glider rocker
- Bean bag chair
- Hammocks
- Swinging
- Different types of chair pads/textured cushions
- Lighting: _____
- Bubble lamps
- Fish tank
- Rock waterfall
- Therapeutic listening: _____
- Sound machine: _____
- Music
- Singing/humming/whistling
- Sucking thick liquids through straws
- Ice
- Biting into a lemon
- Different tastes/textures/temperatures of foods, as appropriate
(Ex: sweet/sour, chewy/crunchy, cold/warm)
- Stuffed animals/pillows-with favorite materials
- Rubber-band snapping on wrist
- Bean bag tapping/self massage
- Brushing/joint compression: _____
- Blanket wraps
- Weighted blankets/ weighted vest/weighted lap pad
- Wrist/ankle weights
- A reasonably weighted back pack
- Aromas/scented lotions/candles
- "Safety kit": helpful items kept in a box/bag for sensory modulation.
- Other: _____

Activities

- Mindfulness activities *with sensory cues*
- Isometric exercises/stretching
- Use of exercise equipment or videos
- Aerobics
- Yoga/Tai chi/Pilates
- Deep breathing techniques/tapes
- Progressive relaxation tapes
- Hot bath/shower
- Playing sports/watching sports
- Biking
- Walks
- Running
- Hiking
- Use of therapy balls
- Crafts/models
- Sewing/knitting/crocheting
- Making jewelry/beadwork
- Artwork
- Collage/mandalas
- Pottery/ceramics
- Playing an instrument
- Karaoke
- Cleaning
- Cooking/baking
- Gardening/flower arranging
- Yard work
- Driving
- Fidgets/stress balls
- Other: _____

Common Sensory Considerations

- Be cautious of any allergies/adverse reactions
- THE ENVIRONMENT: things that are soothing and things that are triggers
- Things that are grounding
- Sensory impairments – (examples: hearing or visual)
- Any sensory sensitivities, tendencies and preferences
- Combinations of the suggestions listed above will increase the intensity of the stimulation provided.

Compiled by: Occupational Therapy Department @ Cooley-Dickinson Hospital-West 5
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