

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.

General guidelines:

- Approach from the front, from within one's visual field and with a slow-pace
- The environment: consider whether it may be over- or under-stimulating and modify accordingly
- Gravitational insecurity: *may* strike out, grab, yell or appear stubborn if feeling insecure when touched or when being moved
- Consider the influence of sensory impairments, sensitivities, specific tendencies or sensory deprivation
- Recognize 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.
- Combining of the different types of stimulation below may increase the intensity of the stimulation provided

Proprioceptive Cues

Generally attentive to: Positioning/movement, own body, furniture, own clothing, & others when in their visual field/awareness. Proprioceptive cues may help the person feel safe and secure when being moved or during transfers.

Sensory Stimulation & Activities

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

- Other: _____

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.

General guidelines:

- Approach from the front, from within one's visual field and with a slow-pace
- The environment: consider whether it may be over- or under-stimulating and modify accordingly
- Gravitational insecurity: *may* strike out, grab, yell or appear stubborn if feeling insecure when touched or when being moved
- Use distraction techniques to interrupt perseverative behaviors
- Consider the influence of sensory impairments, sensitivities, specific tendencies or sensory deprivation
- Recognize 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.
- Combining of the different types of stimulation below may increase the intensity of the stimulation provided

Tactile Cues

Generally attentive to: Material objects or people within arm's reach, exterior surfaces, exits, familiar faces, music, and movement. Activities involving repetitive actions are often enjoyed.

Sensory Stimulation

- Rocking chair
- Glider rocker
- Vibrating pad/vibrating recliner
- Bean bag chair
- Bubble lamps/lighting equipment: _____
- 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/weighted
- Wilbarger Protocol

- Joint compression
- Therapeutic use of touch: _____
- Blanket wraps/warm blankets
- Weighted blanket/weighted lap pad
- Weighted vest/wrist weights/ankle weights
- Weighted utensils/weighted pens
- Koosh balls/larger-sized assorted manipulatives
- Aromatherapy: _____
- Scented lotions: _____
- Use of lighting/projector: _____
- Other: _____

Activities

- Feeding self as appropriate
- Walking, with assistance as needed
- AROM/AAROM/PROM
- 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
- Use of instruments
- Clapping
- Use of building blocks
- Large-sized puzzles
- Items from past roles to manipulate or use
- Basic craft activities with assistance as needed
- Painting with assistance as needed
- Sanding wooden objects
- Writing
- Coloring
- Sewing cards/basic sewing-running stitch
- Others: _____

Additional Comments: _____

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.

General guidelines:

- The environment: consider whether it may be over- or under-stimulating and modify accordingly
- Consider the influence of sensory impairments, sensitivities, specific tendencies or sensory deprivation
- Recognize 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.
- Combining of the different types of stimulation below may increase the intensity of the stimulation provided

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

- Activities of daily living
- Isometric exercises
- Bean bag tapping
- Stretching
- Walks
- Fidgets/stress balls
- Bingo
- Basic card games
- Target games
- Tossing games
- Clay/Dough kneading
- Cooking/baking with assistance if needed
- Crafts
- Painting
- Coloring
- Drawing
- Sewing/knitting/crocheting
- Crosswords/word finds
- Puzzles
- Videos
- Gardening
- Dancing
- Basic cleaning tasks
- Karaoke/use of basic hand held instruments
- Other: _____

Additional Comments: _____

Name: _____

Date: _____

Create Your Own Personalized Sensory Diet

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
- Roller-blading
- 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
- Use of Fidgets/stress balls
- Use of relaxation CDs
- Calling a friend/family member

- Other: _____

Common Sensory Considerations

- Be cautious of any allergies/adverse reactions
- Environmental considerations: recognize things that are grounding to you and things that are triggers
- 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