

Sensory modulation brochure for whānau



Everyone responds differently to sensory experiences. Your family member will be offered the opportunity to explore what sensory experiences work for them. This information will be recorded in their Wellness Plan. You may also like to consider what works for you.

By choosing which sensory experiences you invite into your space – what you can see, hear, smell, taste, and touch – you can do all kinds of things; like influence your mood, change your heart rate, and help your mind calm down, wake up, or focus.

Using your senses can be helpful when you are feeling:

- restless
- anxious overwhelmed
- drowsy
- easily distracted
- disconnected from your body.

How does it work?

Sensory modulation works by giving your brain the sensory input you choose, so that it is able to focus and regulate how you feel. The more aware you are of how sensory experiences influence your daily life, the more control you have over this process.

You can support your family member by:

- sharing with us anything you have noticed about your family member's sensory preferences

- encouraging your family member to use their sensory strategies and share their Wellness Plan with you.
- Use sensory strategies to look after your own wellbeing.

What are the potential benefits?

Some of the positive outcomes people report include increased:

- self-awareness
- ability to self-nurture
- self-esteem
- ability to cope with triggers
- ability to get to sleep at night
- participation and enjoyment in activity and important life roles.

Where can I find out more?

Ask a staff member for more information, or visit the Te Pou website.

Note. Adapted from Mental Health, Addiction and Intellectual Disability Service (2021b).