Sensory Modulation

OPTIMISES DAILY LIFE when CO-CREATED

By young people with mental ill health and their families

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RESEARCH QUESTIONS

What is the experience of sensory modulation assessment and intervention from the perspective of young people and their families engaged in community mental health service case management?

a) What are young people’s experiences of participating in sensory modulation assessment and intervention in mental health case management?

b) What are the experiences of using sensory modulation in the daily life of the participants?

c) What do the families of young people experience when the young person engages in sensory modulation in community mental health settings?

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METHODOLOGY

Sample:
6 youth (16-26yrs)
3 family / support people

Setting:
Australian metropolitan mental health service,
16 case management teams,
1600 registered clients,
60 occupational therapists (30 provide sensory modulation)

Design:
Naturalistic Enquiry

Procedure:
Semi-structured interviews

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RESULTS

1) Domains of Occupation Impacted by Sensory Modulation


2) Processes of underpinning Youth & Family Experiences of Sensory Modulation

   ➢ Knowing yourself
   ➢ Co-creating the ‘why’: having shared and clear reasons for sensory modulation that were embedded in daily life
   ➢ Creating comfort
   ➢ Creating connection, and
   ➢ Constantly reviewing and learning.
RESULTS

1) Domains of Occupation Impacted by Sensory Modulation

sleeping  studying  dancing  doing exams
Relationships  talking to family  focussing in lectures  being around people
self care  community engagement  leaving the house  going to the shops
being in the world  doing new things  making friends  coming out of my bedroom
getting to sleep  talking to people I dont know  keeping my boyfriend  cooking
RESULTS

Five Processes Underpinning Sensory Modulation

Domains of Occupation Impacted by Sensory Modulation

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PRACTICE IMPLICATIONS

• Focus on occupations that matter to young people
• Shared and transparent reasons for assessment and intervention
• Create learning environments for young people & families to take ownership of intervention planning & evaluation
• Co-produce sensory approaches to optimise daily life
• OTs can position themselves as co-creators not experts. When young people understand “sensory stuff” they make meaningful changes in their daily lives.
Sensory modulation must:
FOCUS ON OCCUPATIONS
THAT MATTER MOST
TO YOUNG PEOPLE & THEIR FAMILIES

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Making sense of it together: CO-CREATE SENSORY MODULATION WITH YOUNG PEOPLE & THEIR FAMILIES
EFFECTIVENESS OF SENSORY MODULATION ON THE OCCUPATIONS THAT MATTER MOST TO YOUNG PEOPLE & THEIR FAMILIES

FUTURE RESEARCH

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