



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?





METHODOLOGY

Sample:

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

Setting:

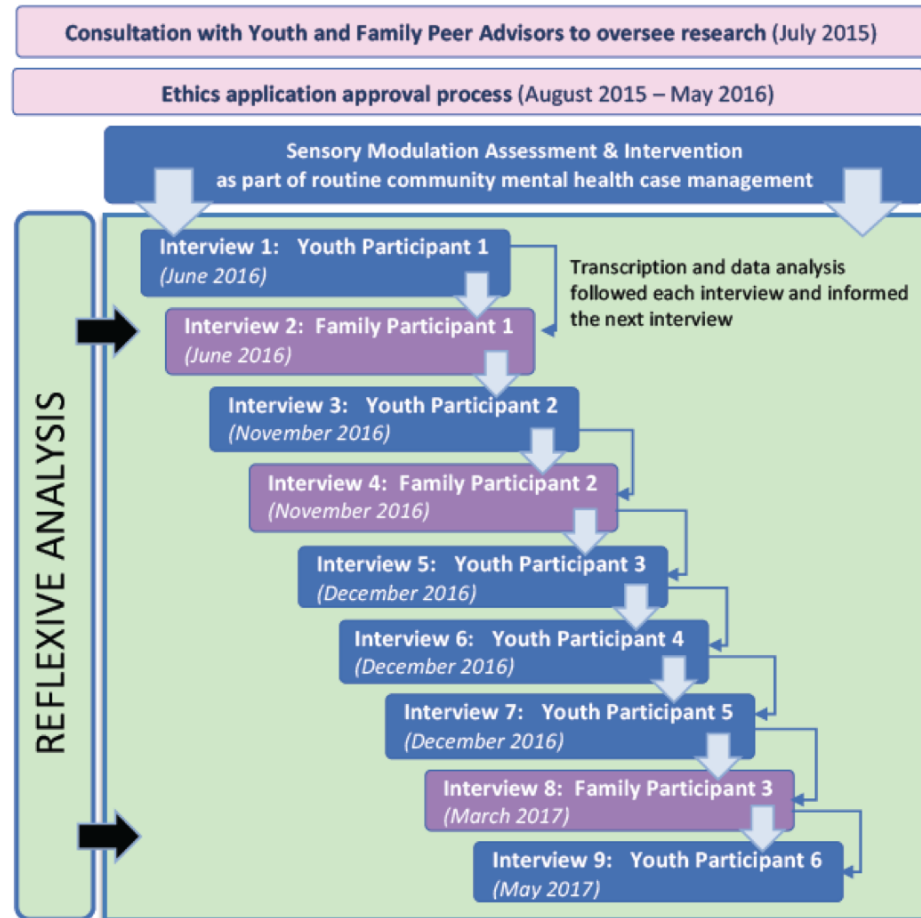
Australian metropolitan mental health service,
16 case management teams,
1600 registered clients,
60 occupational therapists (30 provide sensory modulation)

Design:

Naturalistic Enquiry

Procedure:

Semi-structured interviews





RESULTS

1) Domains of Occupation Impacted by Sensory Modulation

Sleep, Study, Relationships, Self care, Self management, Independent living, Being in the world, and Doing new things.

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**
Relationships **talking to family** **going to the shops**
self care **community engagement** **making friends**
being in the world **doing new things** **coming out of my bedroom**
getting to sleep
talking to people I dont know
keeping my boyfriend
cooking

dancing

doing exams

focussing in lectures

being around people

leaving the house

going to the shops

making friends

coming out of my bedroom

getting to sleep

talking to people I dont know

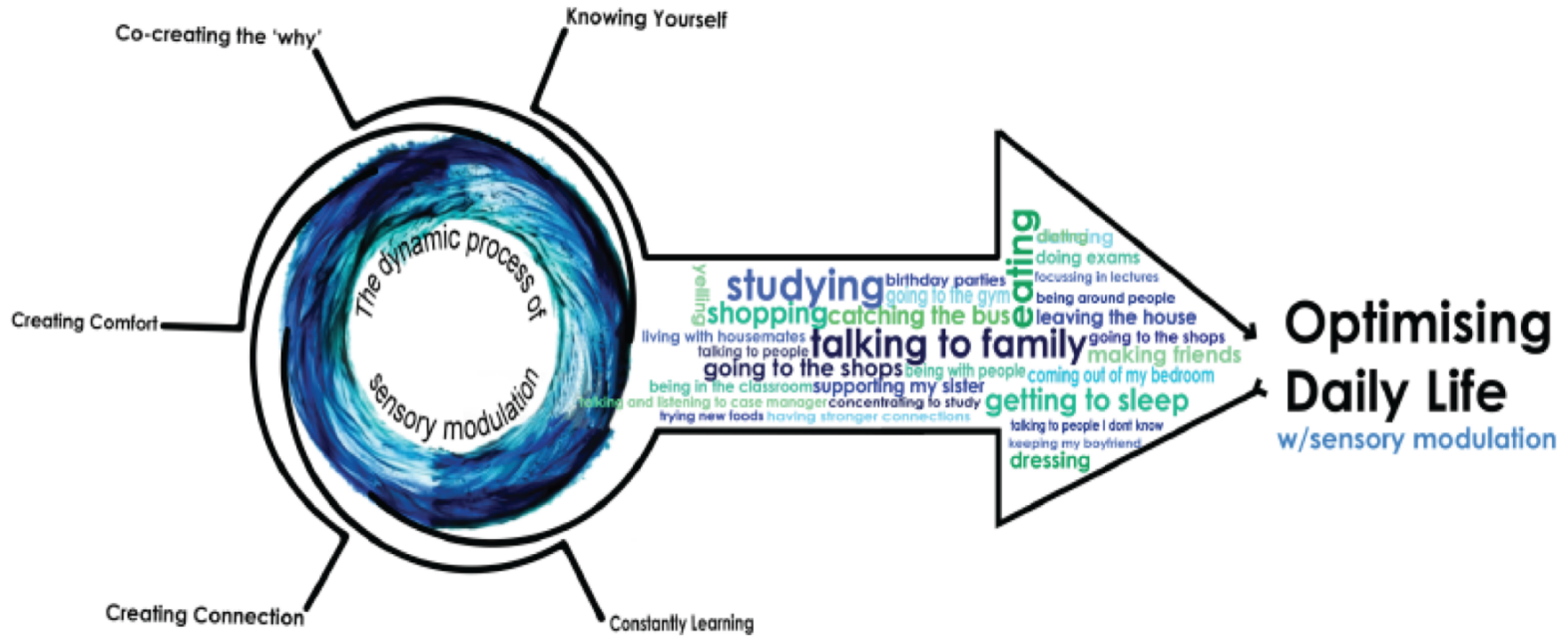
keeping my boyfriend

cooking





RESULTS



Five Processes Underpinning Sensory Modulation

Domains of Occupation Impacted by Sensory Modulation





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





Making sense of it together: CO-CREATE SENSORY MODULATION WITH YOUNG PEOPLE & THEIR FAMILIES



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FUTURE RESEARCH

EFFECTIVENESS OF SENSORY MODULATION ON THE OCCUPATIONS THAT MATTER MOST TO YOUNG PEOPLE & THEIR FAMILIES





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