




Slide 1

Living Sentionally
by Winnie Dunn



Dr. Dunn is the author of *The Sensory Profile* and the *Sensory Profile School Companion*, two of the sensory assessments we use with our students.



Slide 4

Avoiders in Daily Life

- Set routines for getting ready and managing the day
- Have serious brand loyalty for hygiene and cleaning products
- Have a weekly plan for outfits
- Only shop when you must
- Tend to have brief conversations
- Prefer email to talking

Slide 2

Sensory Patterns

- Seeker
- Avoider
- Sensor
- Bystander

Slide 5

Sensors in Daily Life

- Prefer email to talking
- Like to awaken in a leisurely manner
- Easily distracted by the activities of others around you
- Like smaller boutique stores
- May ask others to tone done their music or talking

Slide 3

Seekers in Daily Life


- Initiate spontaneous conversations
- Use a lot of body language and gestures when talking
- Often multitask
- May create loud or bright spaces
- Squeeze errands into an already busy day

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Bystanders in Daily Life

- May leave the house without the things you need
- Have a hard time waking up in the morning
- Lose keys, purse, or important papers in the house
- Get home and realize you missed an errand on the way home
- Lose track of time


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Seekers in the Workplace: Challenges

- Spontaneous and creative nature disrupts the schedule for work and creates a chaotic work environment
- Working on multiple projects at a time interferes with being able to move forward with a single project in a timely manner
- Tends to create a cluttered work space


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Bystanders in the Workplace: Challenges

- Casual demeanor may make it appear that work is not important
- May be tension about meeting deadlines
- May miss meetings


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Seekers in the Workplace: Contributions

- Spontaneous and creative nature are good for new product development and for troubleshooting
- Helpful for idea generation and initial development of projects


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Bystanders in the Workplace: Contributions

- Good for crisis teams to provide a calming influence
- May bring a calming energy to highly charged work teams or situations


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Tips for Seekers

- Have a separate "creative" space.
- Ask people if they want ideas before offering them.
- Negotiate changes in your assigned work when new opportunities come up (instead of letting things slide)
- Look for Sensors and Avoiders on your teams to help you organize
- Create a color coding or bin system for keeping projects out but organized


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Tips for Bystanders

- Create and use physical schedules
- Use an alarm on your computer, phone, or PDA to remind you of meetings
- Use an mp3 player while working to keep stimulated
- Look for Sensors and Avoiders to help you organize projects


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Avoiders in the Workplace: Challenges

- Need for structure and timelines may conflict with other people
- Tendency toward rigidity may interfere with problem solving
- Isolated work patterns make it difficult for negotiations and may slow things down


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Sensors in the Workplace: Challenges

- Preference for own supplies and materials may create territoriality and harbor mistrust
- Precise, detail-oriented behaviors may wear other people down


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Avoiders in the Workplace: Contributions

- Good at completing infrastructure tasks
- Good at training on procedures
- May do better than others at tasks that don't require interaction (more remote locations or tasks others may not want)


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Sensors in the Workplace: Contributions

- May be great at editing and/or final project revisions
- Great for remembering and checking for details


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Tips for Avoiders

- Select projects that require a high degree of structure and organization
- Use email for communication
- Serve on safety and procedure committees
- Schedule one or two blocks of time for people to meet with you so they aren't bugging you all the time

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Tips for Sensors

- Identify a designated workspace for yourself, even if it is small, and focus on having control over this area
- Volunteer to do final checks/edits of work
- Be careful about how much you schedule each day