ADOLESCENT / ADULT SENSORY PROCESSING DISORDER CHECKLIST

By
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SENSORY MODULATION:

___ bothered by clothes; certain materials, tags, seams, pantyhose, ties, belts, turtlenecks, have to wear shorts, skirts, or pants exclusively, etc.
___ bothered by "light touch"; someone lightly touching/rubbing your hand, face, leg or back
___ excessively ticklish
___ distressed by others touching you; would rather be the "toucher" than the "touchee", difficulty "snuggling" with your partner
___ have to fidget and "fiddle" with things all the time; change in your pocket, your keys, a pen/pencil, paper clip, rubber band, ANYTHING within reach
___ often touching and twisting your own hair
___ very sensitive to pain, especially as compared to others
___ don't seem to notice pain; get shots/cuts/bruises and hardly feel a thing
___ dislike the feeling of showers or getting splashed
___ difficulty going to the beach; the sand blowing on your skin or getting on your body
___ avoid touching anything "messy"; if you do, you have to go wash your hands right away and/or only touch it with your fingertips
___ can not wear new or "stiff" clothes that have not been washed or soaked in fabric softener
___ hate to be barefoot or hate to wear shoes and/or socks
___ frequently get car sick, air sick, motion sick
___ a thrill seeker; loves fast and/or dangerous rides, leisure activities, and sports
___ difficulty riding on elevators, escalators, or moving sidewalks
___ avoid amusement park rides that spin or go upside down
___ seek out fast, spinning, and/or upside down carnival rides
___ will often rock or sway body back and forth while seated or standing still
___ frequently tips chair on back two legs
___ restless when sitting through a lecture, presentation, or movie
___ constantly chews on ends of pens and pencils
___ smokes cigarettes
___ difficulty eating foods with mixed textures, or one particular texture
___ prefer foods with very strong tastes and flavors
___ prefer very bland foods, dislike anything spicy
___ has a diagnosed eating disorder or has major eating "sensitivities"
___ constantly biting nails or fingers
___ bites lips or inside of cheeks
___ frequently shake your leg while sitting or falling asleep
___ love to sleep with multiple or heavy blankets on top of you
___ seek out crashing and "squishing" activities
___ cracks knuckles often
___ loves crunchy foods (popcorn, carrots, chips, nuts, pretzels, etc.)
___ frequently have gum or hard candy in your mouth
___ has an "endless" supply of air fresheners, scented candles, odor masking sprays, etc.
___ becomes nauseated or gags from certain cooking, cleaning, perfume, public restroom, or bodily odors
___ identifies objects by smell, have to smell everything, judge whether you like something or someone by smell
___ becomes overstimulated / overaroused when people come to the house or in crowded places
very high or very low energy level

avoids crowds and plans errands at times when there will be fewer people

overly exited/aroused in group settings

hides or disappears when guests come over

substance abuse

drinks excessive amounts of coffee or caffeinated beverages

notice and bothered by noises other people do not seem bothered by...clocks, refrigerators, fans, people talking, outdoor construction, etc.

easily distracted by auditory or visual stimuli

can not attend certain public events or places due to excessive noise

SENSORY DISCRIMINATION:

can't identify objects by feel if your eyes are closed

difficulty finding things in your purse or pocket without looking

don't seem to notice if your hands or face are dirty

bothered by hands or face being dirty

loves to touch and be touched, has to touch everything

have a hard time feeling where a bug has bitten you or whether you are being bitten

difficulty heating food to the correct temperature, feeling if it is too hot or too cold

difficulty locating items in a cupboard, drawer, in your closet, or on a grocery shelf

difficulty with recognizing/interpreting/following traffic signs

difficulty judging distances about where your car is in relation to other cars, in parking spaces, or near a curb

(diffail miserably at parallel parking!!)

difficulty merging into oncoming traffic on road, rotary, or highway

get disoriented and/or lost easily in stores, buildings, hiking, etc.

can't sleep if room isn't completely dark

fearful of heights

difficulty concentrating on or watching a movie/tv show when there is background noise or distractions

difficulty remembering or understanding what is said to you

difficulty following directions if given two or three at one time

can not complete concentrated tasks if noises present

sensitive, or over reacts, to sirens, dogs barking, vaccuum cleaners, blenders, or other sudden/loud sounds

talks too loud or too soft

lethargic, hard to get going, appears "lazy" and unmotivated

become engrossed in one single activity for a long time and seems to tune out the rest of their environment

spend hours at a time on fantasy or video games and activities

great difficulty settling body down for sleep or waking up in the morning (did you even hear the alarm that has been going off for 15 minutes?)

has difficulty licking an ice cream cone neatly

difficulty with speech and annunciation

bumps into things frequently

often pushes too hard on objects, accidentally breaking them

difficulty judging how much pressure to apply when doing tasks or picking something up

difficulty identifying which key on your ring belongs to what

numbers and letters often reversed or backward

difficulty telling time on an analogue clock

difficulty reading and understanding a map, bus schedule, directions

difficulty organizing and grouping things by categories, similarities, and/or differences

can't seem to find words in word search puzzles

unable to identify foods that have gone bad by smell

difficulty being able to smell dangerous smells, i.e., smoke, noxious/hazardous solvents

difficulty being able to smell when something is burning on the stove or in the oven

difficulty distinguishing different tastes and/or flavors of food and/or drink items
SENSORY-BASED MOTOR SKILLS:

- difficulty learning to ride a bike or other "moving" equipment
- clumsy, uncoordinated, and accident prone
- difficulty walking on uneven surfaces
- difficulty with fine motor tasks such as buttoning, zipping, tying, knitting, sewing, playing games with small parts, closing zip loc bags
- confuses right and left sides
- prefers sedentary tasks, avoiding sports or physical activities
- difficulty with handwriting; hard to read, takes a long time to write
- frequently bumps into people and things
- easily fatigued with physical tasks
- frequently misses when putting objects on a table
- messy eater, difficulty with eating utensils, spills and drops food
- knocks drinks or other things over when reaching for them
- frequently drops items
- has to talk self through tasks
- hums or vocalizes while concentrating on a task
- significant difficulty learning to tie a tie
- difficulty with motor tasks requiring several steps
- difficulty lining up numbers correctly for math problems and/or balancing a checkbook
- difficulty learning new motor tasks...a new dance, sport or exercise activity, how to drive
- lose balance frequently
- significant difficulty learning to type the "proper" way

SOCIAL / EMOTIONAL:

- dislikes changes in plans or routines, needs structure
- may be described as "stubborn", "defiant", or "uncooperative"
- cries easily, over things others usually don't, very "emotional" and "sensitive"
- can't seem to finish anything
- difficulty making decisions
- rigid and controlling
- prefers solitary activities, avoids groups
- impatient and/or impulsive
- difficulty with social cues and non verbal language
- difficulty with authority figures
- trouble relating to and socializing with peers and colleagues
- a "sore loser"
- strong feelings of anger or rage
- easily frustrated
- needs sameness and routines; needs to know what to expect
- have panic or anxiety attacks
- plagued by fears and/or phobias
- OCD-type qualities; can't let foods touch each other on your plate, have to wear clothes a certain way, will only do ____, repetitively does ____; can not do _____ without doing _____, has to have ____ like ____
- distractible and unorganized
- hates surprises
- difficulty seeking out and maintaining relationships
- avoids eye contact
INTERNAL REGULATION:

- difficulty falling asleep or getting on a sleep schedule
- heart rate speeds up, and won't slow down when at rest, or won't speed up for tasks that require a higher rate
- respiration too fast or slow for the appropriate state of arousal
- over or under sensitivity to bowel and bladder sensations
- over or under sensitivity to the sensation of hunger/appetite
- irregular, inconsistent bowel, bladder and appetite sensations
- difficulty with temperature regulation of body

For more information on Adult SPD visit:

http://www.sensory-processing-disorder.com/