

# 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 excited/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.
- sensitive to loud sounds or commotion
- 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 (fail 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, vacuum 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 enunciation
- 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/>