



CARLISLE ACADEMY  
INTEGRATIVE EQUINE  
THERAPY & SPORTS

## Adolescent / Adult Sensory Processing Disorder Checklist

### 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, and 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

\_\_\_ cannot 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

[www.carlisleacademymaine.com](http://www.carlisleacademymaine.com)

65 Drown Lane • Lyman, Maine 04002 • Phone: 207-985-0374 • Fax: 207-985-7937 • [info@carlisleacademymaine.com](mailto:info@carlisleacademymaine.com)

- frequently get car sick, air sick, and motion sickness
- 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 / over aroused 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

\_\_ \_\_ cannot 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
- cannot 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 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 backwards
- 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 lock 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 \_\_\_\_, cannot 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 heart 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

[www.carlisleacademymaine.com](http://www.carlisleacademymaine.com)