

Flex Therapist CEUs

Sensory Integration for Autism Spectrum Disorder (ASD): Enhancing Function Through Therapy

1. Which of the following sensory systems are primarily impacted by sensory processing challenges in individuals with Autism Spectrum Disorder, affecting motor coordination and daily participation?

- A. Vestibular, proprioceptive, auditory, and gustatory
- B. Auditory, visual, gustatory, and tactile
- C. Vestibular, proprioceptive, tactile, and visual
- D. Proprioceptive, tactile, visual, and olfactory

2. When implementing sensory integration therapy, what is a critical consideration for occupational and physical therapists to ensure effective intervention?

- A. Focusing solely on the sensory-seeking behaviors aiming for complete elimination
- B. Implementing standardized protocols without individualizing the approach
- C. Utilizing visual input consistently in all intervention sessions regardless of sensory challenges
- D. Creating individualized sensory diets while considering client needs and preferences

3. In individuals with Autism Spectrum Disorder, how might hyporesponsiveness in the proprioceptive system manifest?

- A. A heightened response to temperature and pressure changes
- B. Difficulty with body awareness and grading force during tasks
- C. Intense aversions to auditory and visual stimuli
- D. Need for reduced sensory inputs and minimal tactile contact

4. How does dysfunction in the vestibular system affect individuals with Autism Spectrum Disorder in their daily activities?

- A. Compromises the ability to process oral sensory inputs accurately
- B. Leads to increased sensitivity to environmental smells
- C. Contributes to challenges in balance, spatial orientation, and gravitational insecurity
- D. Results in decreased sensitivity to soft sounds and faint light

5. Which is an effective strategy for addressing sensory processing challenges in individuals with Autism Spectrum Disorder to enhance functional outcomes?

- A. Providing structured and graded exposure to sensory experiences
- B. Limiting exposure to all sensory input to prevent overstimulation
- C. Focusing interventions on a single sensory system exclusively
- D. Adopting a one-size-fits-all approach across different environments

6. Which of the following best describes hyporesponsiveness in individuals with Autism Spectrum Disorder?

- A. An exaggerated reaction to sensory stimuli that are typically non-threatening
- B. A diminished or delayed response to sensory stimuli
- C. An active pursuit of intense sensory input
- D. A heightened sensitivity to auditory stimuli

7. According to Sensory Integration Theory, which sensory system is primarily responsible for body awareness through muscles and joints?

- A. Vestibular
- B. Tactile
- C. Auditory
- D. Proprioceptive

8. What is a key principle of Sensory Integration Therapy (SIT) when designing activities?

- A. Activities should eliminate all sensory input to prevent overload
- B. Activities must be highly complex to challenge the child's motor planning
- C. Activities are designed to create a 'just right challenge' that is difficult but not overwhelming
- D. Activities should focus solely on visual and auditory stimuli

9. In the context of Sensory Integration Therapy, how are sensory-seeking behaviors typically characterized?

- A. The avoidance or withdrawal from sensory input perceived as distressing
- B. An active pursuit of intense, frequent, or varied sensory input
- C. A passive response to sensory experiences in the environment
- D. Consistent engagement in activities that stimulate the auditory system

10. Which assessment tool mentioned is primarily designed for performance-based evaluation of sensory integration and praxis abilities?

- A. Sensory Profile 2
- B. Sensory Processing Measure (SPM)
- C. Sensory Integration and Praxis Tests (SIPT)
- D. Peabody Developmental Motor Scales (PDMS-2)

11. What is a key reason for integrating caregiver input with standardized assessment results when addressing sensory processing challenges in individuals with ASD?

- A. To ensure therapeutic recommendations are practical and culturally congruent.
- B. To provide consistency in intervention strategies across clinical settings.
- C. To prioritize academic performance over daily life challenges.
- D. To maintain a standard approach regardless of individual differences.

12. When establishing intervention priorities, what factor should be primarily considered in sensory integration therapy for individuals with Autism Spectrum Disorder?

- A. Reducing environmental stimuli in all settings.
- B. Addressing the most visible symptoms regardless of other impacts.
- C. Targeting sensory challenges that most significantly impact safety and independence.
- D. Focusing on social interaction improvements exclusively.

13. Which of the following best describes 'Ayres Sensory Integration' (ASI) within the context of sensory integration therapy?

- A. A sensory diet involving structured sensory input at home.
- B. A fidelity-based model providing individualized therapy within a sensory-rich environment.
- C. A collaborative approach focusing solely on caregiver education.
- D. An unstructured, outdoor-based therapeutic modality.

14. How do proprioceptive activities contribute to sensory integration for individuals with ASD?

- A. By stimulating tactile receptors intensely.
- B. By fostering routine adherence through visual input.
- C. By exclusively improving auditory processing abilities.
- D. By supporting regulation and body awareness through resistance activities.

15. In the context of sensory processing interventions for individuals with ASD, what is the primary focus of creating a 'sensory diet'?

- A. To establish a weekly exercise routine that reduces anxiety.
- B. To provide a unified checklist of all possible sensory activities.
- C. To strategically embed sensory activities into daily routines for consistent sensory input.
- D. To develop a theoretical framework for future intervention research.

16. Which of the following roles primarily involves administering and interpreting formal sensory assessments?

- A. Occupational Therapists (OTs)
- B. Physical Therapists (PTs)

- C. Certified Occupational Therapy Assistants (COTAs)
- D. Physical Therapist Assistants (PTAs)

17. How can proprioceptive dysfunction affect an individual's daily activities?

- A. It might lead to difficulties with balance reactions and navigating uneven surfaces.
- B. It may cause challenges with auditory discrimination in noisy environments.
- C. It could result in poor motor coordination and postural instability.
- D. It can reduce visual processing abilities, affecting depth perception.

18. What is a key factor for successful sensory integration therapy according to the course content?

- A. Single discipline interventions with a focus on one sensory system.
- B. Collaboration between OTs, PTs, and caregivers to maintain consistency across various settings.
- C. Conducting therapy without consideration of client's individual preferences or cultural background.
- D. Avoiding any sensory stimuli that may challenge the individual.

19. Which strategy is primarily used to identify an individual's unique sensory processing patterns?

- A. Applying generic sensory activities that fit most cases.
- B. Relying solely on clinical observations during sessions.
- C. Using visual schedules and calming routines as a primary diagnostic tool.
- D. Using a combination of caregiver interviews, standardized assessments, and clinical observations.

20. Which of the following best defines 'practice boundaries' in sensory integration therapy?

- A. The ethical and legal guidelines each professional must adhere to, ensuring safe, effective care.
- B. The restrictions that prevent the use of tactile, proprioceptive, and vestibular inputs.
- C. The limitations set by professional role delineation without room for collaboration.
- D. The guidelines that prohibit interdisciplinary practice within sensory integration therapy.
