

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.
-