# GOALS OF SENSORY INTEGRATION THERAPY

PAINEOV

# Enhancing sensory processing abilities

SIT seeks to improve how individuals perceive, interpret, and respond to sensory information. By engaging in sensory-rich activities, individuals can develop more adaptive responses to sensory stimuli.

# Promoting self-regulation

SIT aims to help individuals with autism regulate their reactions to sensory input. By gradually exposing individuals to sensory experiences and providing opportunities for self-regulation, SIT can help individuals better manage their sensory challenges.

# Facilitating participation in daily activities

SIT focuses on improving individuals' ability to engage in various activities, such as social interactions, self-care tasks, and academic pursuits. By addressing sensory processing challenges, SIT can support individuals in participating more fully and comfortably in their daily lives.

# **Goals For Sensory Integration Occupational Therapy**

M Mark

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