



Dr. Dorothy Armstrong

Dr. Dorothy Armstrong (MSc PhD) is an Occupational Therapist who works with people who are Neurodiverse. She specialises in working with teenagers, young adults and adults with High Functioning Autism (Asperger's), Developmental Coordination Disorder (Dyspraxia), and/or ADHD who also have mental health issues and/or difficulties in the area of executive function. She primarily works with clients using the online platform zoom. Dorothy has made television and radio appearances and is the author of the book 'The Next Adventure: Transitioning to Secondary School when you have Developmental Coordination Disorder' which is available through Dyspraxia Ireland, with all proceeds going to that charity.

Too Loud, Too Bright and the seams on my socks hurt

Understanding, Including and Affirming those with sensory processing challenges.

Dr. Dorothy Armstrong
Tuesday 11th May 7:30 – 8:30pm

We all receive information about the world around us through our senses e.g. sight, hearing, taste, smell and touch. This helps us to understand the world around us and helps us to know how to respond to it. It is common for Neurodiverse people to find certain types of sensory information e.g. light, sound, textures overwhelming. Examples of sensory processing problems include:

- Smells other people don't find a problem make the person feel sick
- Finding the noise of a Hoover or hand-dryer painful
- Needing to move or fidget constantly
- Having an anxiety response to light or unexpected touch
- Needing the labels to be cut off clothes

Dr. Dorothy Armstrong will host an evening that is aimed at, parents, teachers, Neurodiverse adults and those who work with people with sensory processing challenges. The webinar is aimed at enabling people to develop a greater understanding of Sensory Processing issues and the strategies that can help.