

## 服務內容 Service

### 國際認可感覺統合評估

#### Sensory Integration and Praxis Test (S.I.P.T.)

對象	4-8歲兒童
時間	完成整個測驗時間約需3-4小時
日期	個別預約
評估員	已考獲國際認可感覺統合評估證書之職業治療師

\*接受此評估後，有需要接受感覺統合治療的兒童可進行個別職業治療訓練。

Target	Children aged 4 years to 8 years
Duration	Approximate 3-4 hours to complete test
Date	By Appointment

Assessor Certificated S.I.P.T. therapist

\* Individual sensory integration therapy session is available for children who completed the S.I.P.T.

### 一般臨床觀察及評估

#### Clinical Observation and Assessment

對象	2-12歲兒童
時間	60分鐘
日期	個別預約
評估員	註冊職業治療師

Target Children aged 2 years to 12 years

Duration 60 minutes

Date By Appointment

Assessor Registered occupational therapist

## 預約 Appointment

歡迎聯絡本診所，預約感覺統合服務。

Please contact Rehabilitation Clinic for appointment of Sensory Integration Service in advance.

### 診症時間 Opening Hours

Mon to Fri 星期一至五: 上午9:00 am — 中午12:30 pm  
下午1:30 pm — 下午8:00 pm

Sat 星期六: 上午9:00 am — 下午1:00 pm  
下午2:00 pm — 下午5:00 pm

星期日及公眾假期休息

Closed on Sundays and Public Holidays

### 聯絡我們 Contact Us

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THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學

## 感覺統合 Sensory Integration



康復治療診所  
REHABILITATION CLINIC



康復治療科學系  
Department of Rehabilitation Sciences



兒童在日常生活中如果表現容易分心、膽小、愛哭、手腳笨拙、處事欠條理，可能是由於感覺統合功能失調所導致。

Many children are presented to be easily distracted, hyperactive, scared easily, emotionally unstable, clumsy and disorganized. They may be diagnosed to have dysfunction in Sensory Integration.

## 什麼是感覺統合？

### What is Sensory Integration?

感覺統合是由美國加州一位職業治療師艾爾絲博士提出，指神經系統處理身體接收到的感覺刺激(例如視覺、觸覺、前庭平衡覺、本體覺等)，於腦幹部位作統合及分析繼而經中樞神經系統作出適應性反應，當中包括：情緒控制、身體協調及動作計劃、組織能力及專注力等，影響孩子在自我照顧、學習及遊戲上的表現。

Sensory Integration is the neurological process that our sensations are perceived, interpreted and organized for effective integration with the environment. Visual, auditory, tactile, vestibular, proprioceptive, olfactory and gestation sensations are integrated at the brain stem to generate adaptive responses for functional activities. It is a theory developed by an occupational therapist, Dr. A. Jean Ayres. The result of sensory integration would be presented in a form of daily functional performance such as attention, emotional control, coordination, motor planning, organization and self esteem.

#### 感覺輸入 Sensory Input

觸覺  
Tactile  
前庭平衡覺  
Vestibular  
本體覺  
Proprioception  
視覺  
Visual  
聽覺  
Auditory

#### 感覺統合 Sensory Integration



#### 適應性反應 Adaptive Response

情緒控制  
Emotional Control  
身體協調  
Coordination  
動作計劃  
Motor Planning  
組織能力  
Organization  
專注力  
Attention  
自信心  
Self Esteem

## 感覺統合失調可導致的問題

### Areas Affected by Sensory Integration Dysfunction (SID)

#### 01 專注力 Attention

兒童對觸覺、聽覺甚或是視、嗅、味覺的刺激反應過敏(即感覺防禦)，容易因外界刺激而分心，難以維持專注力；也可能會表現得害怕人群、偏食、坐立不安、對噪音或盪鞦韆過度恐懼。相反，有些兒童對感覺刺激反應過弱，如對痛的感覺較低、被叫名字時沒有反應、到處亂撞、跑跳、不理會動作是否危險。



Children with sensory defensiveness are more likely to have problems in concentrating and sustaining attention. The over-reponsivity of tactile, auditory, visual or olfactory sensation would be distracting for children. They may present as picky eater, over-reactive to social touch, swinging, unable to sit still, or anxious. Other may present to be under-responsive to sensations. They may appear as not responsive to pain or being called by name, hyperactive, or performing risky movements.

#### 02 感知動作能力 Sensorimotor Functions

感覺統合失調亦會影響動作計劃能力。兒童於學習新動作時，大小肌肉及口部肌肉協調及控制會有困難，如坐姿不良、易跌倒、易撞跌物件、動作笨拙、及自理能力差。

SID may affect motor planning ability. Children may experience difficulties in planning and organizing gross motor, fine motor and oral motor movements. They may present with poor posture, prone to fall and clumsy and poor self care ability.

#### 03 學習能力 Impact on Learning

- 需用較多時間去處理訊息(如記憶、想像、排序)，做事很慢。學習新技巧時，需要較長時間及重覆溫習。
- 前庭平衡系統與眼球肌肉控制能力弱的學童，會影響視覺追蹤及空間感知能力。閱讀時會有跳行漏字，或從黑板上抄字於紙上有困難。
- 其他的學習困難包括握筆姿勢不正確、有不同程度的讀寫障礙(例如日常生活組織及執行功能較弱等)。
- Requires more time and repetitive practice to learn a new task as a result of slow processing time (for tasks such as memory, imagination and sequencing).
- Children with poor integration of vestibular and ocular control may have difficulties in reading and copying words from blackboard.
- Other learning difficulties include immature pencil grip, symptoms of dyslexia (poor organization skills and weak in executive function), etc.

## 感覺統合功能的評估與治療 Assessment and Treatment

### 評估 Assessment

Sensory Integration and Praxis Test (S.I.P.T.) — 感覺統合與運用測驗測試孩子的前庭功能、身體感覺、觸覺感知、本體覺、粗細動作等的反應，為最全面評估感覺統合能力的測試，研究指出能有效推測學習能力。

Sensory Integration and Praxis Test (S.I.P.T.) — the most comprehensive and flexible assessment of sensory integration. There are 17 subtests to evaluate sensory integration and praxis functions. Research indicated that the test result can be a valid predictor of academic performances.

臨床觀察及評估包括從活動中看出孩子的基本動作要素，如肌肉能力，原始反射反應，姿勢控制，動作計劃，主力手，身體兩側協調等能力。

Occupational therapists would assess the child's sensory integration function by clinical observation such as postural control, bilateral integration function, motor planning and coordination activities.

#### 01 標準化評估 Standardized Test



#### 02 臨床觀察及評估 Clinical Observations and Assessment



職業治療師會根據個別孩子的評估結果而設計合適的治療活動和訓練。

Occupational therapist would suggest and prescribe intervention and activities based on assessment results.

### 常見的感統治療活動 Examples of Sensory Integration Activities

#### 布彈床 Lybra Swing

孩子搖擺時提供大量前庭及本體覺刺激，配合不同的治療目標而定下不同的動作，以改善姿勢控制、手眼協調及空間概念等。

Lybra Swing - To improve postural control, eye-hand coordination, spatial relations by providing vestibular and proprioceptive stimulation and goal-directed treatment activities.



#### 繩梯 Rope Ladder

孩子沿梯爬上高處摘取物件有助增強對身體和環境的認知，改善身體雙側協調及動作計劃。

To improve bilateral coordination, body scheme and motor planning through climbing.

