



"How does your engine run?"

The Alert Program



This program was developed by Occupational Therapists Mary Sue Williams and Sherry Shellenberger. It is developed from the 'Theory of Sensory Integration' (Dr. A. Jean Ayres).

The program can be used with a variety of ages and abilities with modifications. It can be delivered in the clinic, school and home with individuals or groups. Its aim is to help children become more engaged in their occupations (self-help, school, and play) and participate to the best of their abilities.

What is it?

The *Alert Program* is a **cognitive approach** to teaching children **sensory regulation**. This includes being able to recognise and articulate how '**alert**' they are feeling and giving them the **power to change** this to suit their activity. They are taught a variety of strategies to change their state through **exploration** and **experimentation**.

The program uses the terminology of an **engine** with three speeds; **high, just right and low**. They learn what each of these mean, what they look like and how they feel. They also learn when each of these are appropriate. For example a low engine speed is appropriate when it is time to go to sleep. They are then taught five different categories of '**engine changers**'; **touch, put something in the mouth, move, look and listen**.

More Information?

Visit the website www.AlertProgram.com

Contact the occupational therapist at Macarthur CDC 02 4648 0837