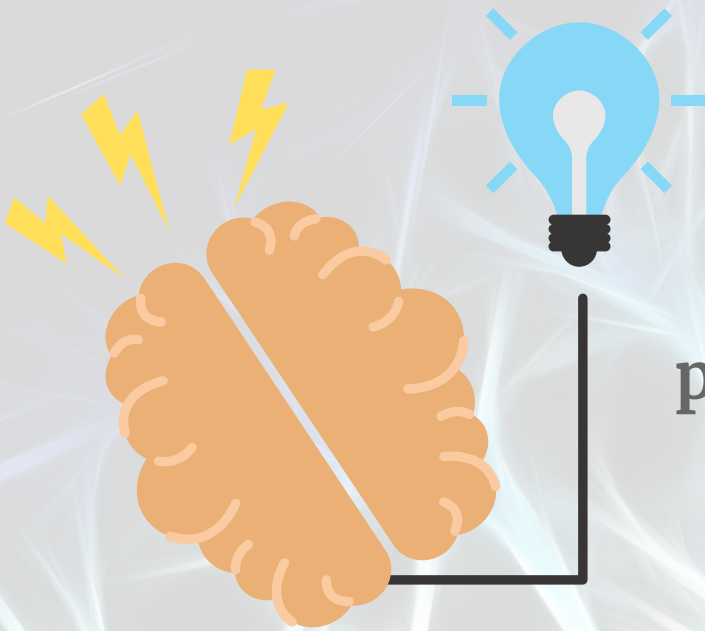


PHYSICAL AND SENSORIMOTOR



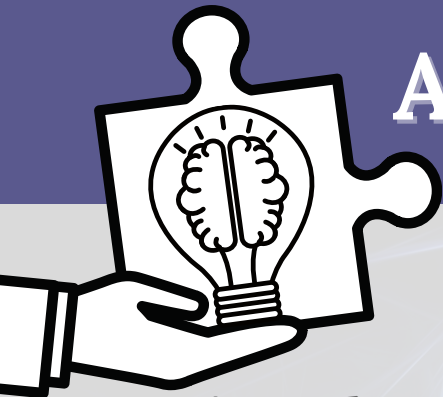
Physical and sensorimotor problems can include pain, blurred vision/poor depth perception, light sensitivity, and difficulty hearing.

LOOK FOR:



- Dizziness, headaches, difficulty hearing, light/ noise sensitivity
- Difficulty reading
- Easily overwhelmed/irritable
- Challenges with focus/concentration
- Lack of coordination





ACCOMMODATIONS

- Notice what increases your symptoms by keeping a journal of daily activity (*substance use, diet, sleep*)
- Avoid overhead lights, (especially fluorescent), close blinds, use lamps, wear sunglasses
- Limit substances like caffeine, alcohol, and tobacco as they can make headaches, light sensitivity, and pain worse
- Keep a structured daily routine
- Use earplugs or noise-canceling headphones
- Schedule breaks after difficult or mentally taxing tasks
- Try using alternative seating such as a standing desk or ball chair
- Sit at the front of the room during meetings or in group settings
- **Advocate for yourself!**
Ask for large print options, for breaks, dim the lights, or to close doors during meetings



CITATIONS

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