



The Sensory Experience AND AUTISM

SENSORY PROCESSING DISORDER

Studies show that up to 90% of individuals with autism experience sensory processing that is atypical or are defined as having sensory processing disorder (SPD).

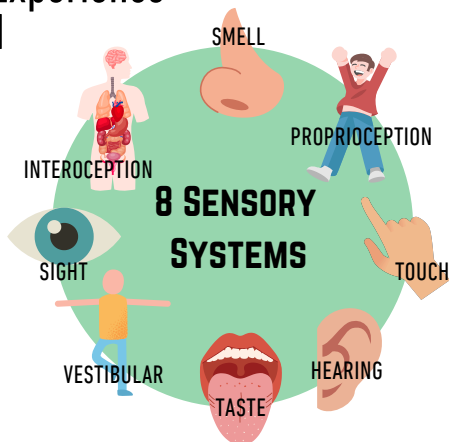
You don't have to be autistic to have SPD but it's much more common if you are autistic!

SPD affects how your brain processes sensory stimuli and often means sensory input that might not affect others can make the world too overwhelming to handle comfortably for autistic people.

We could be:



Sensory Seeking – Sensory Avoidant – Or Both!



STRATEGIES FOR REGULATION

Consider whether you need to increase or decrease input – which of the 8 senses is out of balance?

- | | |
|----------------------------|---|
| • Listen to music | • Visual stimuli like lava lamps |
| • Go for a drive | • Take space |
| • Spend time in nature | • Massage or back scratch |
| • Use a rocking chair | • Light a candle |
| • Wear headphones | • Weighted blanket |
| • Find a quiet dark area | • Watch a familiar episode of something you enjoy |
| • Yoga or movement | • Bounce a ball |
| • Textured foods | • 5 minute declutter |
| • Breathing exercises | • Wear sunglasses or blue light blocking glasses |
| • Use fidget tools | |
| • Bounce on the trampoline | |

SENSORY DYSREGULATION

Sometimes if an autistic person has too much sensory input, or not enough, they might become dysregulated. This might look like distraction, lots of speaking, going quiet, moving a lot, strong reactions to sound/noise and touch, and so much more! Everything is more overwhelming when dysregulated. Sensory regulation – getting the input level you need – can help to balance your body and mind and even helps to emotionally regulate!

We all sensory regulate!

Think about the last time you had a hot chocolate to calm down or got some fresh air to liven up!