





















Having an **Autism Spectrum Disorder (ASD)** means we have **differences** in our **systems of communication**, ways of **socializing** and **behaving**. We can be **hyper-responsive** (**increased** sensitivity) or **hypo-responsive** (**decreased** sensitivity) to **sights, sounds, smells, tastes, touch, balance** and **body awareness**. Often these **differences** are **extreme**.

Sense	Hyper-sensitivity	Hypo-sensitivity
 <p><b>Visual</b></p>	<p>Sight helps you to recognize others, identify likes and dislikes, and can influence your level of anxiety depending on what you see:</p> <p>I may be able to see dust particles in the air</p> 	<p>I may only see the outline of the furniture and not the whole piece</p> 
 <p><b>Smell</b></p>	<p>Brings you into harmony with nature, warns you of dangers and sharpens your awareness of other people, places and things.</p> <p>I may reject any object or person based on smell</p> 	<p>I may need to smell an object as part of my usual interaction with it</p> 
 <p><b>Taste</b></p>	<p>Enables you to identify sweet, salty, sour, and bitter items and therefore gives you an individual sense of taste.</p> <p>I may refuse food with a strong taste</p> 	<p>I may chew on objects in search of stimulating tastes</p> 
 <p><b>Tactile</b></p>	<p>Enables you to determine what types of items you do not like to touch or wear, textures you do not like to eat, and sense temperatures.</p> <p>I am irritated by certain clothing textures and labels</p> 	<p>I may touch people and objects a lot to interact with them and to learn about them</p> 
 <p><b>Auditory</b></p>	<p>Allows you to hear the world around you, pick up on social or urgent needs in your environment, and can influence your mood depending on the sounds you hear.</p> <p>I am generally afraid of loud, unexpected or specific sounds</p> 	<p>I often hum or chatter to myself to screen out irritating or unexpected noises</p> 
 <p><b>Vestibular</b></p>	<p>Allows you to sense body movement, direction, and acceleration, and to attain and maintain your posture and centre of balance.</p> <p>I may lower my body to cross a threshold or to cope with a change in floor surfaces</p> 	<p>I may spin in circles without getting dizzy</p> 
 <p><b>Proprioceptive</b></p>	<p>Enables you to be aware of where parts of your body are in relation to your centre of gravity and enables you to subconsciously control your limbs &amp; other parts of your body.</p> <p>I have difficulty colouring because I press too hard and rip the paper</p> 	<p>I may walk down the middle of the hall touching the wall or rolling my whole body along the wall</p> 