

Tool 41: Strategies to address need

System	Hypersensitivity	Hyposensitivity
Tactile	<ul style="list-style-type: none"> Warn the child if you are about to touch them Remember hugs may be painful rather than comforting! Gradually introduce different textures Allow individuals to complete activities themselves (e.g. hair brushing and hand washing) to allow them to regulate their sensitivity 	<ul style="list-style-type: none"> Consider tight clothing e.g. leotards underneath clothing Weighted blankets Sleeping bags Work with sand bag on lap
Visual	<ul style="list-style-type: none"> Reduce fluorescent lighting Sunglasses Create a workstation Use blackout blinds 	<ul style="list-style-type: none"> Use resources which stimulate visual system e.g. light sticks
Auditory	<ul style="list-style-type: none"> Shut windows and doors to reduce external sound Prepare the child for noisy places Ear plugs/ ear defenders Walkman/iPod 	<ul style="list-style-type: none"> Auditory Integration Therapy (see references) Music therapy iPod/walkman Use visual cues to back up verbal information
Gustatory	<ul style="list-style-type: none"> Allow opportunities to taste lots of different things to aid sense development Encourage children to 'clean out' mouth with water between mouthfuls Puree foods Use ice pops to desensitise mouth Introduce very small bites of portions 	<ul style="list-style-type: none"> Allow opportunities to taste lots of different things to aid sense development Provide oral stimulation throughout the day, crunchy foods Use vibration toys to stimulate the senses
Olfactory	<ul style="list-style-type: none"> Use unscented detergents or shampoos Refrain from wearing perfume Make environment as fragrance free as possible 	<ul style="list-style-type: none"> Use strong smelling objects as rewards Use strong smelling objects to distract from inappropriate strong smells (faeces) for example scented playdough Create a book of scents - match pictures to scented cotton wool for example lemon, coffee etc
Proprioceptive	<ul style="list-style-type: none"> Threading activities Lace boards Allow the child to stand at end of line when lining up Allow the child to sit on a stool instead of carpet 	<ul style="list-style-type: none"> Position furniture around the edge of the room to make navigation easier Put coloured tape on floor to indicate boundaries Use arms length rule (you must be at least an arms length away from someone when speaking to them)
Vestibular	<ul style="list-style-type: none"> Break down activities into small steps Use visual clues for finish lines or stops in movement activities 	<ul style="list-style-type: none"> Encourage activities which develop the vestibular system – swing, roundabout, rocking horse, see-saw, dancing

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