

## Tool 41: Strategies to address need

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

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