



## Resources for Sensory Differences

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Individuals with ASD commonly present with sensory differences, and these differences may exist within any of the eight senses. Someone with ASD might:

- dislike unexpected or light touch (tactile);
- have high sensitivity to smells (olfactory);
- crave exposure to a certain type of light, or seek to avoid light altogether (visual);
- react strongly to certain sounds (auditory) or tastes (gustatory);
- avoid movement (vestibular), or need to carry a heavy item to know where their body is in space (proprioception);
- or fail to register the sensation of needing to use the bathroom, making diapering necessary (interoception).

In April, Occupational Therapy Month, we will have two webinars about Autism Spectrum Disorder and sensory differences.

The first will provide an overview of sensory systems and how differences manifest. By learning common terminology and definitions, participants will be able to understand and discuss sensory differences with students, teachers, administrators and parents. Participants will also learn how to determine if unexpected behaviors might be rooted in sensory differences, and get acquainted with supports and strategies for obtaining sensory information in the school and at home. Check [here](#) for additional information and registration.

Secondly, at the end of the month, we will hear from Judy Endow. In this interview, Judy will discuss how sensory differences have impacted her life. She will speak candidly about how she has coped with these differences and adapted to her changing sensory system over time. Learn more about this and register [here](#).