



AUTISM AT ACU

Sensory sensitivity

Many autistic people have difficulty processing sensory information. Too much sensory input (hypersensitivity) can cause stress, anxiety and even physical pain. Low sensitivity (hyposensitivity) can also cause issues such as not recognising pain or temperature.

What you can do to help

- Recognise that sensory stimuli such as sounds, smells, visuals or temperatures can cause anxiety or discomfort.
- Reduce any negative sensory stimuli by modifying the environment, e.g., dim the lights or turn down the volume.
- Prepare people for different environments and tell them about possible sensory stimuli they may encounter.

Autism
Awareness
Acceptance
Appreciation