

Sensory Differences

Our Senses - the basic five - the hidden three



There are 3 'hidden' senses
Vestibular – balance sense

Tells you where your head is in relation to the ground. Things like rollercoasters, swinging and walking all activate this sense e.g. how you enter a room, move around or find a seat.

Proprioception – body awareness

Tells you about your joints and muscle positions. Often thought about in terms of pressure or tension e.g. the weight of something you are carrying, the pressure of leaning against a wall.

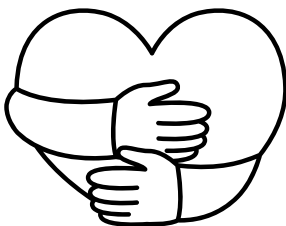
Interoception – our internal sense

Communicates signals from inside your body e.g. hunger, thirst, temperature and pain.

The ways in which we process and experience our internal and external worlds is individual, a joy for one person can be a trigger for someone else

We can be impacted in very different ways, processing, tolerance and needs fluctuate from person to person and time to time throughout the day

Sensory differences are more than just sensitivity

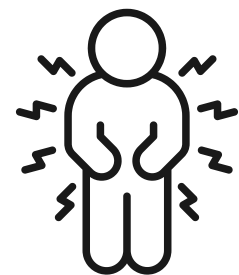


Regulation of our nervous system

Sensory seeking / sensory adverse

pain/ impact / overwhelm / ability to function

comfort vs protection



safety / respect need / accept that adjustments and accommodations are individual

Explore more

Think About how this feels - observe - record - explore

Sensory seeking / sensory adverse

comfort / protection

sensory diet (planned and responsive)

energy levels

person specific and fluctuates through day and night

health / illness / pain can change what we see and feel

Sensory sensitivity has a lot to do with our energy levels, how comfortable we are in an environment and how easily we can focus in it. If there is too much or too little sensory input it can cause stress, anxiety and sometimes even physical pain. This can result in withdrawal, distressed behaviours or meltdowns. Learning about individual sensory profile and employing sensory strategies that work will help .

Links to more information and lived experience

[Autism Central](#) - Sensory differences, information , podcast and more

[Sensory Spectacle](#) - you tube videos, free sensory profile down load and more

[Essex Sensory pack](#) for Parents / Carers / Sencos/ etc - free download

[PACT signpost](#) - Peer support , Sensory resources

[Autism Understood](#) Sensory difference information for young people

[Autistic Realms](#) - Downloads and visual information

[Stimming](#) - Podcast from Autism central

[**Contact us if you would like more support**](#)