



01. Autistic folk process sensory input differently.

For example, differences in how they experience light, sound, colour, texture, smell, taste and movement.

Adjusting sensory input can help an Autistic individual feel comfortable, engaged, and included.



02.



Some sensory experiences can be intense.

Everyday situations (including those that don't seem overly intense to others) can be overwhelming, exhausting, and stressful.

03.



While some can go unnoticed.

For example, an Autistic person may be less sensitive to body cues, like hunger, thirst, pain or temperature.

Reactions to sensory input are not 'bad' behaviour.

Things like covering ears, avoiding touch, or rocking can help manage sensory overwhelm.

04.

