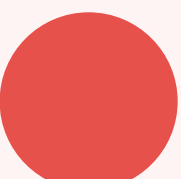
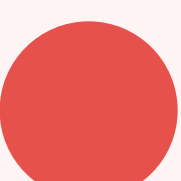


# SENSORY PROCESSING

Sensory difficulties and differences are common in autistic children and adults. Autistic people can have differences in one or more of the sensory systems.

It is important for those around autistic individuals such as nursery/school/college, to be aware of their sensory processing differences. It is usually best to discuss these differences with the individual and find ways to support them. Some reasonable adjustments may be required, such as allowing the autistic person to use noise-cancelling headphones, allowing them to eat their lunch in a quiet space, or turning off fluorescent lighting when possible.

Further information to learn about specific sensory needs, and how to support them can be found here:

-  Autism and sensory processing  
<https://www.autism.org.uk/advice-and-guidance/topics/about-autism/sensory-processing>
-  Reasonable adjustments for autistic pupils' sensory differences  
<https://www.autism.org.uk/advice-and-guidance/professional-practice/adjustments-sensory>
-  The children's community Occupational Therapy service has produced this information leaflet on the sensory systems –  
[WEB\\_PI24\\_3088\\_01-Sensory-Advice.pdf](https://www.autism.org.uk/advice-and-guidance/professional-practice/adjustments-sensory)
-  There is information for parents available from **Sensory Integration Education** offer free resources, information and there are some courses available for parents. For more information you can access their website at: <https://www.sensoryintegrationeducation.com/>

## Additional support in the community for sensory needs:

**Radar Key** – You can buy a radar key online which gives your child the ability to access any disabled toilets in the community which can be helpful if there are sensory issues that impact using these facilities e.g noise sensitivity to hand dryers.

**Dimensions** – works with cinemas to provide regular autism-friendly film screenings across England. Website: <https://www.autismfriendly.uk/autism-friendly-venues/cinema-screenings/> For all ages. Tel: 0300 303 9001 Email: [autismfilms@dimensions-uk.org](mailto:autismfilms@dimensions-uk.org)

**CEA Cinema Card:** Enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. Website at: <https://www.ceacard.co.uk/>

### **Supermarkets that have ‘quieter times’ to support sensory needs:**

Many supermarkets and public venues now offer quieter or sensory friendly times to support individuals with sensory sensitivities. As availability and arrangements vary, families are encouraged to check with individual venues in advance to find out what support or quieter times may be available.

### ***Onward referral***

*If your child's sensory needs are impacting on them participating in occupations then a referral can be submitted to the community Occupational therapy Team. Occupation does not just mean work. An occupation can be self-care, such as washing, eating or sleeping; productive, such as work, study, caring or domestic activities; and leisure, such as playing sports, hobbies or socialising. For more information see the Community Occupational Therapy page: [Occupational Therapy - Solihull Children's Community Therapies](#)*

*If you would like to contact Private Occupational Therapy services who may be able to provide a range of support, including Sensory Integration therapy, a list of practitioners in the area can be found at the Royal College of Occupational Therapy. <https://rcotss-ip.org.uk/find>*