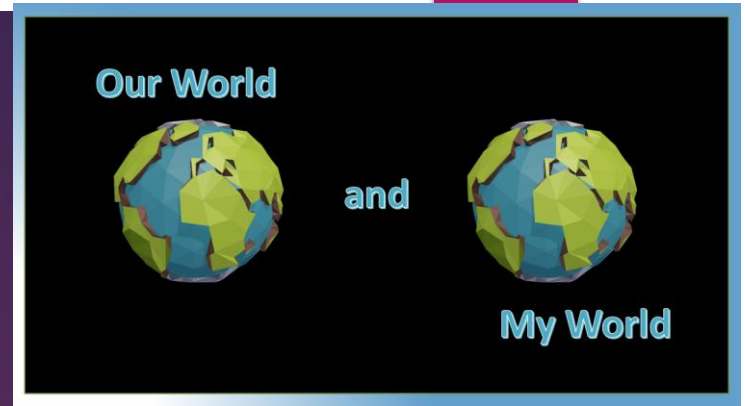


# Sensory Difference and Autism



BY  
CAMERON

# What is Autism?

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# About me

- ▶ **I have Autism**
- ▶ **This means my brain works a bit differently to some people.**
- ▶ **Everyone with Autism is different, but I want to tell you a bit about me.**
- ▶ **I am still learning about my own autism but today, I am going to talk about my sensory differences.**

## Our Amazing Eight Senses

We have five regular senses that we all know about. These are sight, smell, hearing, taste and touch.

**BUT**  
In addition, we have 3 internal senses.

Some people with autism have differences in these senses.



Vestibular: this is about balance and movement

Interoception: knowing what's going on in your own body.

Proprioception: understanding the feeling of pressure and force on your body and knowing where your body is in the space around you.

# Vestibular

I can't ride a bike yet, but I'm still practicing for Year 5 and this is because I have a problem with my vestibular sense (balance.)

# Proprioceptive

- ▶ Sometimes when I am hugging someone, I accidentally squeeze them too hard without me realizing and I love weighted blankets! I also love lying back on the swings and going high and sometimes I flap my hands (this is called stimming).
- ▶ This is all because of my proprioception!

# Interoceptive

- ▶ I feel the cold differently to other people and my pain is different like when I had an ear infection, I wasn't in pain!

# The National Autistic Society

- ▶ Is a charity you can sponsor to help people like me with autism.