

Information for Adults Following Diagnosis of Autism Spectrum Disorder (ASD)

Section 2

Daily Living Sensory Differences

This pack has been put together from information available from specialist autism services, autistic people, and professionals working with autistic people.

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This leaflet may be made available in a larger print, Braille or your community language.

Resource Pack created by
NHS Lothian Adult ADHD and ASD Resource Team

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Daily Living

Every person is unique and therefore each autistic person is unique. The information and tips below are intended to offer ideas for you to try based on approaches that other autistic people have found helpful.

Many autistic people report differences in how they process sensory information, including touch, sound, light, textures and tastes.

In general, most people find having a predictable routine and concrete plan helpful. Identifying and rehearsing what to do when there are unexpected challenges can give you some reassurance, especially if you note this down to refer to in times of stress. Smart phone apps store information and can be carried with you.

You might have difficulty with...	You could try this....
Processing sensory information	<ul style="list-style-type: none">• Consider how the environment affects what you want to do and make changes to suit your sensory profile.• Consider changing the lighting, décor and products to make things more tolerable
<ul style="list-style-type: none">• Washing• Dressing• Brushing your teeth• Cutting your nails• Looking after yourself ... <p>...because of the sensations you are feeling</p>	<ul style="list-style-type: none">• Have a structured morning and evening routine to carry out daily self-care tasks• Use a timer or phone alarm to help you with starting and finishing each task• Schedule regular dates in a diary for haircutting and nail-cutting to help you to include these in your routine.
Remembering to plan your household jobs into a regular schedule	<ul style="list-style-type: none">• Use a diary to timetable jobs like shopping and laundry

Daily Living

Other situations you might find difficult:	You could try this....
Eating with others	<ul style="list-style-type: none"> • If eating out, look at the menu on a website and choose what you are going to eat and drink before you leave home
Going shopping	<ul style="list-style-type: none"> • Have a shopping list and stick to it • Visit the shop at quieter times or shop online (possibly with support)
Living alone	<ul style="list-style-type: none"> • Contact your social work department if you feel vulnerable and want to request a community alarm • The social work department can also offer an assessment of need (see Section 1 'where to get help')
Finding your way and using public transport	<ul style="list-style-type: none"> • Try Smartphone apps such as Google maps and transport planning apps like the Lothian Buses one • The Thistle Assistance Card and App (SESTRANS) provide information to others about your needs
Hair appointments and other visits	<ul style="list-style-type: none"> • Speak to the salon beforehand about reasonable adjustments they could make (see health appointments section)
Regulating your body temperature	<ul style="list-style-type: none"> • Preset the temperature on your heating thermostat to your chosen comfort level • Wear several layers of clothes so that you can put them on and off as you need

Practising relaxation regularly and before activities you may find stressful, such as those listed above, is likely to help reduce anxiety and help you cope (see Section 3 What can I do about anxiety?)

Recommended Websites and Further Reading

Daily Living

- **AutiCulture**

Ideas and examples of how to use nature as a focus for self expression and personal growth

Also includes events such as Autism Friendly Cycling Group meeting. Most events are Glasgow-based.

<https://auticulture.net/>

- **Autism Friendly Cinema Screenings**

The Odeon at Wester Hailes and Vue at the Ocean Terminal in Edinburgh both offer screenings where the lights are not fully down and the volume is reduced. People are free to walk about and have a break if needed.

Email: autismfilms@dimensions-uk.org

Website: www.odeon.co.uk/fanatic/film_times/s140

www.dimensions-uk.org/what-we-do/autism-care/autism-friendly-screenings/

- **Cinema Card**

Available if you are in receipt of Disability Living Allowance, Attendance Allowance, or Personal Independence Payment

Phone: 0845 123 1292

Email: info@ceacard.co.uk

Website: www.ceacard.co.uk

- **Travel by public transport**

The South East of Scotland Transport Partnership (SESTRANS) has developed the **Thistle Assistance Card and App** to make using public transport easier for people with additional support needs. The card and App is supported by a wide variety of voluntary organisations across Scotland and by most bus, train, tram, ferry and airport operators.

<http://www.sestran.gov.uk/projects/the-sestran-thistle-assistance-card/>

- **Travel by air**

Contact the airport to discuss your needs – some airports have autism-friendly procedures that will help you such as a trial visit, shorter waiting times, quiet rooms to wait, fact sheets about what to expect.

<http://www.edinburghairport.com/prepare/travelling-with-additional-needs>

- **FAIR booklets**

Easy read booklets on health-related topics

Information delivered in visual format.

www.fairadvice.org.uk/health-publications.php

Sensory Differences and Environment

Many autistic people report differences in their sensory experiences.

If you are very sensitive to specific sensations such as touch, sound, taste, you probably find some situations really difficult as there is too much information for your brain to handle which can lead to sensory 'overload' and feeling unable to cope.

Sometimes the senses might not work well enough, such as balance, movement and deep pressure touch receptors. Some people need to seek out sensations in order to feel calm and settled and ready for concentrating on a task. For example, some people need to move about frequently and cannot sit still even for short periods. Others might find swimming, jogging or weight training relaxing and essential for feeling able to cope.

Autistic people often see the detail before trying to make sense of the bigger picture. This means that the environment might be confusing, challenging and can affect how you manage to carry out activities.

Adapting the environment to suit your individual requirements can help a lot and make a difference to your mood and confidence.



Sensory Differences and Environment

You might have sensitivity to...	You could try this....
Light	<ul style="list-style-type: none"> • Increase access to natural light with large windows and switch off fluorescent lights • Use blackout curtains and blinds • Limit patterns on soft furnishings • Change to lower wattage light bulbs • Use sunglasses or light-sensitive lenses
Proximity and Touch	<ul style="list-style-type: none"> • Keep the home space tidy and have fewer pieces of furniture to create a clear open space for moving around • Use rubber gloves for washing up and for cleaning • Keep your own things separate in a specific place or box if you share your accommodation with others
Noise	<ul style="list-style-type: none"> • Double glazing reduces sound of traffic and community • Thick, lined curtains can help to reduce sounds from outside • Carpets absorb sound; laminate flooring can produce echo and vibration • New household appliances have a sound pollution rating – choose those with low sound and vibration output • Use headphones to block out sound
Smell	<ul style="list-style-type: none"> • Use an extractor fan to get rid of cooking smells from the kitchen • Keep the kitchen door closed • Use odour-free household products and odour reduction sprays/air fresheners • Avoid open plan layouts when choosing where to live

Sensory Differences and Environment

Take control over your senses and use them to your benefit!

Sensations can be used mindfully to help you feel calmer or more alert. The following examples can help you think about what makes you feel calmer or to become more alert. You could circle those that you find helpful.

CALMING

Hot shower/bath
Holding/patting a pet
Warmth of a fireplace
Wrapping in a heavy blanket
Massage/deep pressure touch
Yoga
Leisure walks
Beanbag tapping/brushing
Slow/rhythmic music
Humming/singing quietly
Soothing scents (oils, lotions, candles)
Soft materials/textures
Rocking in a rocking chair
Swinging on a swing
Slow, rhythmic motions
Soft/low lighting
Decaf herbal teas
Chewing gum
Chewy or crunchy foods

ALERTING

Cold or cool shower/bath
Holding ice in hand or to face
Being in a cool room
Wrapping in cool bed sheets
Light touch
Aerobic exercise
Power walks
Rubber band wrist snapping
Fast-paced/upbeat music
Humming/singing loudly
Strong scents
Rough or prickly materials/textures
A bumpy car ride
Spinning on a swing
Fast and jerky movements
Bright or flashing lights
Drinking coffee
Biting into an ice pole/popsicle
Sour or hot foods

Recommended Websites and Further Reading

Sensory Differences and Environment

- **Sensory issues for adults with autism spectrum disorder**
Book by Diarmuid Heffernan which offers practical advice to help understand sensory difficulties and learn strategies for dealing with specific challenges
- **Too loud, too bright, too fast, too tight: what to do if you are sensory defensive in an over stimulating world**
Book by Sharon Heller which helps to understand, and offers tools and therapies for alleviating sensory defensiveness
- **Sensory Integration Network**
Forum promoting education, good practice and research into sensory integration
www.sensoryintegration.org.uk
- **The National Autistic Society**
Information and advice for sensory differences
<https://www.autism.org.uk/advice-and-guidance/topics/sensory-differences/sensory-differences/>