Cheatography

Sensory Needs Cheat Sheet

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Hypersensitivity

Hypersensitivity is an over-responsiveness to sensory input that can cause sensory overload, distress, discomfort and pain. Individuals who are hypersensitive tend to avoid certain stimuli or sensory input or need frequent breaks from sensory input.

Hyposensitivity

Hyposensitivity is an under-responsiveness to sensory input where individuals often struggle to register low levels of sensory input or may receive less information from the senses. Individuals who are hyposensitive tend to seek out and need higher levels of sensory input and stimulation.

Visual

- poor depth perception
- trouble locating an item
- difficulty identifying differences in pictures, words, etc

Sound

- attracted to loud spaces
- difficulty localizing sound
- often turns music or the TV up louder to register

Touch

- high pain threshold
- likes tight clothing and weighted blankets
- requires tight hugs to register the pressure

Taste

- likes foods with intense flavor
- has a predictable diet
- putting items in mouth

Smell

- difficulty interpreting smells
- enjoys foods with strong smells
- uses smell to engage with objects or people

Vestiblular

- seeks all form of movement like swinging
- frequent rocking back and forth
- always seeking stimuli

Proprioception

- difficulty navagating a room
- crashes into furniture
- prefers tight clothing and heavy blankets
- trouble balancing

Interoception

- difficulty sensing when hungry or thirsty
- requires more input to sense
- trouble interpreting what I'm feeling

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