

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

Vestibular

seeks all form of movement like swinging

frequent rocking back and forth

always seeking stimuli

Proprioception

difficulty navigating 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

