



Sensory Profile

What is a Sensory Profile?

A Sensory Profile provides insights into how an autistic person experiences and interacts with sensory input. It identifies preferences, sensitivities, and areas of strength, helping to create supportive environments tailored to their sensory needs.

To learn more about your own sensory needs, it's helpful to think about each sense individually. Scenes include:	<u>Taste</u> <u>Touch</u> <u>Smell</u> <u>Sound</u> <u>Sight</u> <u>Vestibular</u> (<i>Balance</i>) <u>Proprioception</u> (<i>Awareness of your bodies position and coordination</i>) <u>Interoception</u> (<i>Internal body signals like hunger or temperature</i>)	For more information: https://www.nhs.uk/services/occupational-therapy/learning-disability/sensory-processing-and-learning-disabilities/
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My Details:

Name	
Preferred Name/Nickname	
Age	
Who filled out this document	
Date of completion	

Me:

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Taste -Touch - Smell - Sound - Sight - Vestibular - Proprioception – Interoception



Section 1: Sensory Preferences

What kind of sensory input do I enjoy?

Example: Swinging, soft textures, rhythmic music, tight clothing,

What kind of sensory input do I avoid or dislike?

Example: Loud noises, bright lights, certain food textures.

What environments make me feel comfortable or calm?

Example: Quiet spaces, dim lighting, outdoor areas.

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Section 2: Sensory Strengths

What sensory activities or experiences am I good at?

Example: Spotting small details, painting, organising objects.

What helps me focus or engage with sensory tasks?

Example: Clear instructions, predictable environments, favourite items.

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Section 3: Sensory Challenges

What sensory input might overwhelm or upset me?

Example: Strong smells, crowded spaces, background noise.

How do I typically react when I'm overwhelmed by sensory input?

Example: Covering my ears, leaving the room, becoming non-verbal.

What helps me recover from sensory overload?

Example: A quiet space, using a fidget toy, deep pressure.

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Section 4: Timing and Triggers

Are certain times of day or activities particularly challenging due to sensory needs?

Example: Morning routines, transitions, crowded events, shops, after school, canteens.

Section 5: Other

Is there anything else about sensory needs that would be helpful to understand?

Example: Sometimes I forget that my fidget toy is in my pocket.