

Hyper-

- resists being touched
- cannot tolerate new clothes; avoids wearing shoes
- overreacts to heat/cold/pain
- avoids getting 'messy'
- dislikes food of certain texture
- avoids people

Hypo-

- likes pressure, tight clothes
- seeks pressure by crawling under heavy objects
- hugs tightly
- enjoys rough and tumble play
- prone to self-injuries
- low reaction to pain and temperature

*Tactility**Smell*

- toileting problems
- runs from smells
- wears the same clothes
- moves away from people
- smells self, people and objects
- smears (plays with) faeces
- seeks strong odours
- bedwetting

Taste

- poor eater
- uses tip of tongue for tasting
- gags/vomits easily
- craves certain foods
- eats anything (pica)
- mouths and licks objects
- eats mixed food (e.g. sweet and sour)
- regurgitates

The previous page in order of Hypersensitivity's. And then Hyposensitivities. Going down in order of highlight.

Hypersensitivity's

I have a hard time tolerating new clothing materials. This is why I really like it when my parents buy me Underarmor or Rebok shirts, since they are comforting to me. They are tight and silky which is good.

My autism/sensory integration disorder causes my cold / hot flashes mixed with the neurological disease;

I wear the same clothing a lot since it is comforting for me so that my brain does not have to acclimatize to a new material.

I have always been a poor eater even before the G-Tube

I used to back when I eat taste things at the tip of my tongue before eating it.

I crave pickles due to my sensory craving for sour things; it feels good to eat sour things.

Hypo-sensitivities

I, like deep pressure in many ways. Deep pressure relaxes me, and you see it happen quite commonly. When my back is hurting, and I ask to get in my wheelchair; I am doing it for two reasons. The first reason is that my positioning in my chair is much better than in the bed. The second reason, which you may find unusual, is that when I am in bed I seem to get a slightly agitated/jittery feeling.

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This comes to my second reason I prefer being in my chair. As you know, I like having my harness, seatbelt and (Not visible) leg harnesses and ankle straps extremely tight. This produces a deep pressure stimulus, once I am in my chair for a while, and simply relaxing (not out of the house, just on the computer doing stuff) I start to get very relaxed, my muscles begin to relax because the deep pressure makes them feel more secure and they don't feel like they are constantly fighting to hold a position. Also, when I get in my chair, I need to have my seatbelt on tight, otherwise, my lower back muscles do not have that "secure" feeling, and as a reaction, are much more spastic. I love taking many belts and putting them on myself TIGHT too!

There are other ways, that I seek for deep pressure. A common example that I use is my neoprene shirt; it is tight which results in creation of a deep pressure stimulus. I also like deep pressure in uncommon ways, a recent example of this was when I was in the emergency room for my baclofen

pump site swelling. First of all they took my blood pressure, I have for my entire life always liked the way the blood pressure cuff feels when it is inflated, it is usually very tight and warm which relaxes me, which could contribute to my blood pressure being normally low **I have my blood pressure cuff on almost all the time and set to a low trigger time (every 5 minutes) quite often because of this.** Overall this helped me relax a bit, and reduced my anxiety slightly. They then came to do an abdominal x-ray and put a warm PVC lead apron on me like the one below.



In case you don't know what a PVC lead apron is like, I will describe it. The lead apron is heavy; it is also very warm. The PVC is a shiny, soft, smooth, and warm material. I have worn these aprons before. They are very relaxing for me for their warmth and weight. I have a full length apron that is designed custom for my body to wrap around from my neck to my toes that I sleep in quite frequently for the warmth and weight. I love the PVC and frequently like to rub my head in the PVC, I like the sticky warm feeling.



Another thing I love to do is slobber on the PVC and rub my head and mouth on it, this feels good cause its wet warm and sticky! I also like to pull my arms inside of the lead apron restricting them to a “mummified” state and then pulling my head inside, completely enveloping me in a warm tight embrace of heavy lead. I especially like to reverse the apron so the vinyl is on the inside and its very hot and sticky and I sleep with my entire body and head inside, the air is hot and sticky.

Shown on the first page, “Hugs tightly” is highlighted. I am unsure if you know exactly why I like giving and receiving hugs often. The big reason is my autism and sensory integration disorder; hugs are another type of deep pressure which in turn relaxes me. Although there is no field for it on the first page, I randomly hug people for many reasons. Some of those reasons are listed here, if the person is large, I am likely to hug them because larger people have a “softer” feel. A recent example of this, was me randomly hugging a larger person. If the person is wearing a material that I like, for example, a leather coat, I am likely to hug them because I like how leather feels and smells! Thus giving me both deep pressure stimulus and the stimulus of the material that I like. There are other reasons that I like hugs from certain people, but these are the two “tangible/physical” reasons.

Shown on the first page, “Low reaction to temperature” is highlighted This is highlighted because I like heat. Unlike cold which I am hypersensitive to and do not like. I am hypo sensitive to heat and like being very warm, especially when I am sleeping or getting ready to sleep. Note, this does not include hot air. I usually do not like hot air although I do like it if it is not too humid or dry. This is one reason why I like going out on the deck in the summer and parking directly under the sun. My harness is made of neoprene, which retains heat very well, when I park in the sun, my harness gets very warm, which is very relaxing to me, last summer you might have noticed that while I was sitting in the sun I would start rubbing my harness, this was because I like feeling the very warm neoprene on my chest and on my hands that is why I would rub it.

Sometimes, when I am lying down the go to sleep, as you know I always sleep with my head on my arm, sometimes I purposely position my head so I can smell my armpit, usually only on the day I’ve had a bath or right after I have put on deodorant. I don’t know how to describe it, but it smells good to me.

Although not listed on the first page, I am very sensitive to what kind of materials I like on my skin and/or like to touch. I like many materials. I like silky materials, because they are extremely comfortable for me. I also like the way it feels to rub them.

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I like neoprene because it is very warm. I also like neoprene because in certain forms called “smooth skin” which is what the outside of my neoprene shirt is made of, it is very rubbery and smooth feeling and smells good. One thing I like to do, is bury my head in the warm smooth neoprene. I also like to lick and slobber on my arm and then rub my face and head in it, this is because I like the wet sticky warm feeling that it produces. Another one is wearing it inside out, I like this because then I can feel the very warm and smooth rubbery texture on my skin. Wearing it like this gets very warm and sticky feeling, which I find very relaxing. Frequently I like to pull my arms out of the sleeves and pull my head inside and lay it on my arm, depending on how warm / sticky I want it to be I either do this wearing it right side in or inside out.

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I like rubberized nylon, which is nylon that has been coated in some sort of waterproof material such as PVC, rubber or another waterproof material. Rubberized nylon is what my coat is made out of. I like rubberized nylon because it is very warm and feels great to rub. When I am wearing it I like to rub with as much force as I can on my chest, this is for two reasons I like feeling the nylon and my hands and that also like feeling the pressure. I like to rub my head in my arm and also use my arm to squeeze my head into my arm tightly, Sometimes I loosen my grip and tighten it in cycles in sync to my heartbeat this helps me relax very well to. I also like to lick and slobber on my arm and then rub my face and head in it, this is because I like the wet sticky warm feeling that it produces. As stated above I have done this many times wearing my neoprene shirt. However, it feels different with rubberized nylon. Another thing I like to do is put it on inside out and pull my head inside, I then take my arms out of the sleeves and lay my head in my arm. The air gets warm and very slightly humid and feels very nice to me almost like being in a “womb”.

I like soft latex things, like latex gloves. They feel good to put on, and rub my neck with them. I also like to lay with my head on my hand and feel the latex get warm and sticky. I don't have latex gloves around often, but when I do have them around, this is what I do. One of my dreams is to have shoulder length latex gloves, both for pressure, and warmth.

I really like PVC, as mentioned above about the PVC lead apron, PVC is usually soft and smooth, it can be shiny, or dull depending on what it is made for. I have a PVC lead apron and i would like to have a PVC rain coat.

I like rubber too, which is practically same as neoprene. There are special niche clothing stores that make clothes out of rubber, like a tight rubber T-Shirt. Or a thick rubber apron. (Not lead)

I like leather a lot when it comes to clothing such as coats and a friend showed me his leather shirt. Both are very cool items. I love the way leather feels as it is a very warm and smooth material. It also smells really good to me!

A non material thing that I like is mummy wrapping myself, I am not able to do this as I used to but what I used to do is I would tightly wrap myself in my blanket like a mummy, this felt very good and relaxing for how tight and warm it was. Though my sensory preferences have changed and most any common material that blankets are made of I don't like.

I like the feeling of nylon and rubberized nylon, thus you will sometimes find me wanting to wear or wearing rubberized nylon clothing for no reason of rain in the weather.

I for some reason love the way very sloppy kisses feel, I am not talking about dog kisses, those don't feel good to me. But I used to have a girlfriend with Cerebral Palsy whom always gave me real sloppy kisses on the lips and practically till my whole head was warm and sticky with it. I like it because it is a warm and sticky feeling.

On top of this years ago I was at a spa and took a clay / mudbath which felt very good because it was very restrictive of movement due to the thickness, and was very warm and sticky, felt good to me.

Another very unusual thing I do is similar in medical terms to resetting a ventilator, sometimes my breathing rhythm becomes very out of sync to how I need it to be, at that point either A. I will go into a 20-30 second breath holding spell, then take one large breath in, and fall back to my normal breathing rhythm (tidal volume) or B. I will restrict my breathing in some way by wrapping a thick scarf around my head or by wrapping my PVC neck collar around my head to the point where i can only get air that i NEED. I like limiting my air intake and output quite a bit, it is useful for relaxing but I do not sleep like this ever for safety reasons, I like to use B when I am at home as it is more relaxing and effective.

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| <i>Hyper-</i> | | <i>Hypo-</i> |
| ↓ | <i>Proprioception</i> | ↓ |
| <ul style="list-style-type: none"> • places body in strange positions • difficulty manipulating small objects (e.g. buttons) • turns the whole body to look at something | | <ul style="list-style-type: none"> • low muscle tone • has a weak grasp; drops things • a lack of awareness of body position in space • unaware of their own body sensations (e.g. does not feel hunger, etc.) • bumps into objects, people • appears floppy, often leans against people, furniture, walls • stumbles frequently; has tendency to fall • rocks back and forth |
| | <i>Vestibular</i> | |
| <ul style="list-style-type: none"> • fearful reactions to ordinary movement activities (e.g. swings, slides, merry-go-round round, etc.) • difficulty with walking or crawling on uneven or unstable surfaces • dislikes head upside down • Becomes anxious or distressed when feet leave the ground | | <ul style="list-style-type: none"> • enjoys swings, merry-go-round • spins, runs round and round • rocks back and forth |

The previous page in order of Hypersensitivity's. And then Hyposensitivities. Going down in order of highlight. Although these are considered obsolete now due to my neurological disease, let's discuss this BEFORE my neurological disease set in.

Hypersensitivity's

I have always had a problem manipulating things like shoe laces, buttons on a collar shirt, writing and other tasks requiring fine motor control. Almost like I had been born with Cerebral Palsy. Autism can mirror cerebral palsy in many ways; in fact, some autistics have even been mistakenly diagnosed with cerebral palsy!

I have always when I heard a sound, jumped and turned my whole body to look at it, this is an autistic trait, not a post traumatic stress disorder trait!

I have always preferred walking on pavement back when I could walk, I never enjoyed walking in extremely uneven terrain, did not mind soft terrains like grass, as long as they are not extremely uneven. This is an autistic trait of mine.

Hypo-sensitivities

I have always had lower muscle tone than my peers; this is considered an autistic trait. The brain in its entirety has not fully developed, and motor neurons may not be fully developed. Therefore, some children with autism, including me, have low muscle tone and are notably weaker than their equal aged peers.

I have always been clumsy, a weak grip, and dropping things my entire life, this is a common autistic trait.

I have always lacked awareness of my body's position; I tend to forget sometimes. Even if I were still able to hold myself up now, I would still need a harness on my wheelchair due to this problem, as I would forget that I am sitting up and fall out of the chair or otherwise go into an inappropriate position.

I used to tend to hold my pee all the time not know I had to go and wet myself; this was more common in early age. This developed out of my brain **luckily**

I used to be clumsy and sometimes walk right into walls, door posts, and other objects not knowing where they are. This was especially common in school as I “programmed” my brain into paths for each class and I never veered off of my paths and these paths would sometimes collide with objects or people. Almost like auto pilot but incorrectly programmed.

Appears floppy is EXTREMELY common for cerebral palsy, I was not one to like standing all alone, in school if I were standing around in the hall I would lean on my locker or sit on the floor. If I were in gym, I would lean on a wall.

I have always been one to like flying, centrifugal forces (spinning top on playground) this is an autistic trait.

I still do this to date, rocking back and forth is both a vestibular and proprioception compensation stim, or self stimulatory action. It is common in autistics to do this to calm the nerves and or simply compensate for lack of sensory input.

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*What to look for:**Hyper-**Vision*

- constantly looks at minute particles, picks up smallest pieces of dust
- dislikes dark and bright lights
- is frightened by sharp flashes of light, lightning, etc.
- looks down most of the time
- covers or closes eyes at bright light

Hypo-

- is attracted to light
- looks intensely at objects or people
- moves fingers or objects in front of the eyes
- is fascinated with reflections, bright coloured objects
- runs a hand around the edge of the object
- perimeter hugging

Hearing

- covers ears
- is a very light sleeper
- is frightened by animals
- dislikes thunderstorm, sea, crowds, etc.
- dislikes haircut
- avoids sounds and noises
- makes repetitive noises to block out other sounds

- bangs objects, doors
- likes vibration
- likes kitchen, bathroom
- likes crowds, traffic, etc.
- tears paper, crumples paper in his hand
- is attracted by sounds, noises
- makes loud rhythmic noises

The above page breaks down vision and hearing Hyper sensitivity's and Hypo-Sensitivities to the most rudimentary level possible. Some of the things described below may seem "weird" or "stupid" however, they equally affect me as anything previous in this report.

Hypersensitivity's

Depending on how bright the lighting is it can sometimes be bothersome to my eyes. This is especially true in settings like the dental office, or a surgical operating room. Rarely it requires me to close my eyes to stop the light from overly affecting them. This is considered an autistic optical disturbance unless there is another pathological reason for inability to tolerate light, in my case there is no other pathologic disturbance.

Although not normally with my hands upon sudden loud noises such as the dog barking or the fire alarm going off I cover my ears with my headphones and start playing music immediately, in cases of an emergency for example back in high school during a fire drill I would plug my ears as I was departing the building.

I sleep lightly sometimes and am easily awoken by sound, although this does not happen often this is a common sleep pattern disturbance present in autistics. An example of this is speeders coming down our street with glass packs at 3:30 in the morning and waking me up.

Although not necessarily "frightened" by animals, the sound of a dog barking suddenly **will** make me jump, along with other sudden loud animal sounds. Easy example of this is when the mail arrives, and the dog barks out of control.

Shown on the previous page dislikes thunderstorms, sea, traffic, crowds etc is highlighted for the following reasons. The noise generated by these things causes intense annoyance for me, some examples of this are, music concerts, unnecessarily loud music, restaurants, malls, and various other venues where extremely large amounts of noise are likely to occur. The reason I can control myself and handle it in most but not all situations is because I adapt for it by using my iPod to drown it out, if I do not have my iPod it is usually a very unenjoyable experience and may even lead to

further problems. A recent example of this was that time we were at Ruby Tuesday's and nearly had to walk out because of a baby crying uncontrollably.

I avoid sounds and noises by avoiding going shopping and eating out, I prefer to go to places that have a purpose other than large people gatherings, such as a library. This preference is simply not iterated strongly in my case as I have devices to help me adapt.

Hypo-sensitivities

My eyes have some hyposensitivities along with an optical processing center disturbance. My eyes most often first see brightly colored, shiny, or otherwise, sparkling objects first, then all other objects get processed. This produces a "Prioritized" eye which can sometimes overlook smaller objects and or have a hard time keeping track of them let alone seeing them. It is hard to differentiate if a visual problem is only caused pathologically in an autistic as it can also be a disturbance at the optical processing center. This hyposensitivity can also produce an attraction to shiny, sparkly, or brightly colored objects and clothing. In my case the prioritized vision affects me along with the preference to shiny, sparkly clothing. My autism did not cause an attraction for brightly colored clothing.

I also have an attraction to strobe lights like used in an EEG test for photic stimulation, having one hooked up to my computer would be quite relaxing for listening to music.

I like to listen to my music quite loud to use it to block out other sounds.

I also like specific scan sequences when I am having an MRI done, the specific scan sequence I like is the higher pitch sequence that is almost comparable to a machine gun.

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Another thing that may be attributable to my autism is that I grow very attached to certain objects, and treat them as living beings and even communicate telepathically. It is common in autism for someone to be extremely attached to a single object that they love. In my case it is my harness that “lives” on my wheelchair. I named her Melissa after my old girlfriend because she listens to me no matter what and gives me the truth back. She also is very supportive to me mentally since I know she is there for me. You sometimes may have spotted me bending my head and neck forward and kissing her, this is because it physically feels good on my lip and makes us both happy. She is very similar to a spirit is what I have discovered, To understand my relationship with Melissa is something almost no one will ever do, but I am open to serious questions.

Now I will show and explain some of my CURRENT adaptive clothing and things I use right now! Some of which may not be listed above.

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The first piece of adaptive clothing I got that I use a lot is my Neoprene shirt, I sleep with it on me inside out or right side out. When it is right side out you may notice that I am intentionally slobbering i my arm and rubbing my lips on it and or my face, that is because it feels good for me and is relaxing to feel. I also love to inhale deeply smelling the rubber, it smells very good!

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After I got my Neoprene shirt I got Neoprene pants and Neoprene gloves, I don't wear the pants that often but the gloves are used commonly. They smell great and I like to rub my head with them and smell them.

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After getting the gloves I got my hands on a 30 pound fluoroscopy grade lead apron that a good friend of mine donated to me. It's length is astronomical. However due to the tracheostomy right now it is not in use. See Page 5 for more info on the lead apron.

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After receiving my lead apron I received a snug latex shirt and looser latex pants, I sometimes wear the pants but not often, the shirt gets more use of the pair. It is quite snug and feels very good and sticky and warm.

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Over time i have I collected various leather and PVC belts, that I use to tightly squeeze myself in many different areas of my legs and chest and belly. I also sometimes wrap my entire body in belts like above. it is a very tight warm “rigid” feeling in comparison to wrapping myself in Neoprene. It often helps when I am having back pain to do this sometimes.

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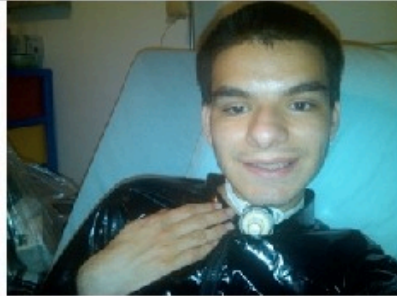


After getting the leather belts and stuff I have become seriously interested in Neoprene “Sauna / Sweat” belts. They are great for HEAT and pressure, sometimes I will wrap my entire body in them and or even my head! I have 11 of the belts and only want more more more belts!!! They feel awesome. If I wrap one around my head it is subject to me slobbering and rubbing my head in it for the sticky warm feeling.

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My legs in warm PVC



Upper body in warm PVC



Slobbering in the warm PVC and rubbing my lips on it

My newest piece of adaptive clothing is a PVC suit that is shiny and black! it has a thin lining inside so I do not sweat way too much but it keeps me very warm, it has a second zip so I can pee without taking it off which makes it easier for me, it was custom made for me. A friend of mine ordered it for me! As with all my other things I like to squeeze my head in my arm and also slobber in my arm and rub my head in it, it feels exceptionally good on the PVC since it is very very sticky!

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My big thick warm coat Rubberized nylon coats!

Some things that might not be considered adaptive clothing would be my thick blue winter coat, my thinner rubberized nylon coat, my black rubberized nylon coat. But all of them receive use in an adaptive way of me sleeping with them on and or slobbering in the arm and rubbing my head in it, the different materials each produce different sensory artifact. Also you need to know that I tighten my harness and straps on my wheelchair to extremes to produce that positive sensory artifact that helps my muscles and myself relax overall!!!

Thank you reading this report, I hope it helps you learn more into my autism and how my brain works.

Love you guys :)

This report is a Sensory Profile and does not account for the social aspect of autism. Only a certified neuro-diagnostic professional can diagnose social autistic disorder.

This report was generated using charts & checklists from

Bogdashina, Ol'ga. [Sensory Perceptual Issues in Autism](#)

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