



## Individual Autism & Sensory Profile

### Quality of Life:

Consider your daily life, friendships, work, social life, relationships, hobbies etc. What are your interests? What aspects of your life are you happy with and what would you like to change?

### Strengths:

What are you good at? What do people like and admire about you?

### Communication Preferences:

How do you like to communicate? Do you prefer text, email, phone, online face-to-face such as Zoom or Facetime, or in-person face-to-face?

### Social Skills:

Are you able to have reciprocal relationships with others? Do you find it easy or difficult to follow conversations and join in at the appropriate time? Do you feel connected to friends and family? In what ways do you like to connect?

### Restricted/Repetitive Behaviors:

Is it hard if your routine becomes disturbed? How easily can you move from place to place or task to task? Do you become very interested things or topics? Do you like to eat the same foods or textures? Are there things you avoid? Do you use stimming? In what ways do you like to create predictability?

Sensory:

The purpose of a sensory profile is to build knowledge of stimuli that can potentially overwhelm you while naming ways to reduce their impact. For example, do you like to be outdoors? Do you like music? If so, what kind do you prefer?

Do you...

- cover your ears, flinch or feel upset in response to loud or unexpected noises
- like to be touched? If so, how?
- squint at bright overhead lights?
- complain about the feel of certain fabrics on your skin?
- feel uncomfortable sitting still for long periods?
- always seem to be chewing on something (like a shirt sleeve)?
- struggle with unexpected transitions?
- dislike visual clutter?
- like crunchy or soft foods? Prefer to drink through a straw?
- often feel tired after social events or appointments?

Thinking & Learning:

What things are difficult for you? Some examples are planning ahead, organizing belongings, difficulty waiting for things, ruminating or becoming fixated on details, setting and completing tasks? How do you learn best? Are you a visual or a verbal thinker?