

In order to regulate your senses, it may be helpful to use one or more sensory aids. ASPIRATION have put together a list of aids that we think may be helpful for autistic adults and/or children for sensory regulation. The attached links may not be the best value available, so it is worth looking around.

Touch



1) **Weighted blanket** - www.etsy.com/uk/search?q=weighted+blanket

Weighted blanket to provide comforting deep pressure. Should weigh a 10th of total body weight.



2) **Weighted eye bag** - www.etsy.com/uk/search?q=weighted%20eye%20bag

Weighted eye bag is a cheaper way to provide some deep pressure



3) **Weighted lap pad** -

www.etsy.com/search?q=weighted+lap+pad&order=most_relevant&view_type=gallery

Comforting pad to keep on lap – much smaller and easier to carry than weighted blanket so good for travelling.



4) **Vibrating cushions** - www.senseez.com

Cushions to provide a vibration if sat on. Can also get weight packs in some cushions and hot/cold packs also to provide a variety of different sensory input.



5) **Squeeze vest** - www.squeasewear.com

Vest to go under jumper where pressure can be adjusted or released depending on the specific sensory requirements and what situation requires. Quite expensive but trial periods available.



6) **Fidget toys and products** - [www.sensorydirect.com/products/tangles-fidget-toys?utm_source=bing&utm_medium=cpc&utm_campaign=SEN%20Toys%20-%20\(Product%20Specific\)&utm_content=Sensory%20Fidget%20Toys&utm_term=sensory%20fidget%20toys&msclkid=9c06e66e7f5a1552065484d70f4ac5df](http://www.sensorydirect.com/products/tangles-fidget-toys?utm_source=bing&utm_medium=cpc&utm_campaign=SEN%20Toys%20-%20(Product%20Specific)&utm_content=Sensory%20Fidget%20Toys&utm_term=sensory%20fidget%20toys&msclkid=9c06e66e7f5a1552065484d70f4ac5df)

Available fidget toys good for tactile stimulation include tangles, squishies, plush toys, marble fidget maze, stress balls, infinity cubs, jelly shapes, ice packs, hot water bottles/plushies, beanbags, twisty animals, spikey balls, fidget spinners, monkey noodles and snap linkz.



Products and Aids to Regulate Senses



7) **Chewellery** – www.sensooli.com/product-category/chewigem-originals/

A variety of different items to chew. Some made into subtle pendants and bracelets.



8) **Taggie** – www.sensooli.com/product/kiki-portable-sensory-comforter-blanket-teal-grey/

A soft and snuggly comforter with tags on to play with.



9) **Weighted cuddly koala** – www.calmingblankets.co.uk/products/weighted-toy-koala

A cuddly weighted friend to help with sleeping.



10) **Seamless socks and tights** – www.spectrasensoryclothing.co.uk/product-category/socks-tights/

Seamless socks and tights.



11) **Compression clothing** – www.sensorydirect.com/products/sensory-clothing/compression-vests

Adjustable compression clothing to give a feeling of a hug without weight.



12) **Boar bristle hair brush** – www.lookfantastic.com/balmain-all-purpose-spa-brush-with-100-boar-hair-and-nylon-bristles/11737618.html

Gentle and soft hair brush to enable hair brushing without pain or pulling.

Smell



1) **Pot pourri** – www.etsy.com/uk/market/pot_pourri

Various different scents to add to your favourite container or bowl to add a nice scent to your room.



2) **Aromatherapy roller balls** – www.tisserand.com/all-products/roll-on-wellbeing/

Roller balls for pulse points to help with happiness, de-stressing, calm and better sleep.





3) **Diffuser** – www.argos.co.uk/sd/diffuser/

A diffuser for use with essential oils and water.



4) **Scented drawer liners and or pouches** – www.simplydrawerliners.com/collections/scented-drawer-liners?msclkid=e021852a243c179d45ece7938c747c31

Drawer liners that are scented to make clean clothes smell really fresh.



5) **Scented cuddle toys with scent sachets** – www.imperialcandles.co.uk/collections/scented-cuddles

Plush toys with a pocket for scent sachets – different choices of scent sachets available.

Taste



1) **Compartment plate** – www.amazon.co.uk/Unbreakable-Divided-AIYoo-Dishwasher-Training/dp/B09GTR856N/ref=sr_1_43?keywords=compartment+plate&qid=1656334902&sr=8-43

Plates with different compartments for food to prevent flavours touching and/or mixing.



2) **Flavoured chew** – www.sensoryneeds.co.uk/collections/flavoured-chews

Silicone chewies with different flavours including grape, mint, vanilla and chocolate.



3) **Compartment snack boxes for pica** – www.amazon.co.uk/SGAONSN-Lunch-Compartments-Plastic-Picnic/dp/B098Q8VNXR/ref=sr_1_13?crid=168ORN00FKT1&keywords=compartment+lunch+box&qid=1656335497&srefix=compartment+lunch+box%2Caps%2C95&sr=8-13

Lunch boxes with different sections to allow for a variety of different flavours of snack and/or foods.



4) **Ora nurse unflavoured toothpaste** – www.oranurse.co.uk

Unflavoured and non-foaming toothpaste for those with difficulties brushing teeth and sensitive to mint/bubblegum flavours



Sound



- 1) **Ear defenders** – www.sensorydirect.com/pair-of-ear-defenders

Over the ear for those who don't like in ear defenders.

- 2) **Loop ear plugs** – www.loopearplugs.com

Ear plugs that reduce noise volume. Available in 3 different strengths of noise reduction. Different colours available.



- 3) **Flare audio ear plugs** – www.flareaudio.com/collections/earplugs

Available in calmer or in sleep ear plugs to reduce noise volume.



- 4) **Noisy sensory toys** – www.specialneedstoys.com/uk/auditory/noisy-toys

Some ideas of the noisy sensory toys available via the link above. Very likely to be found cheaper elsewhere. Other options which may be cheaper include thunder tubes, pop its, sensory suction cup sticky toy, squeeze snap fidget toy, pop tubes and music instruments. Google these and you should be able to find them.

Sight



- 1) **Bubble tube** – www.sensorydirect.com/led-bubble-tube-60cm?utm_source=bing&utm_medium=cpc&utm_campaign=6.1%20Shopping%20%20SEN%20Toys&utm_content=Bubble%20Tube%20Lamps&utm_term=MSL49BUB&msclkid=c6ba3c70e0161947421b5ec95368a5e8

A tube with changeable lights and bubbles to relax you. You can also find some with plastic jelly fish in which float about realistically.



- 2) **Fairy lights** – www.lights.co.uk/fairy-lights/

A huge variety of different fairy lights available for both indoor and outdoor use.



3) **Irlen Lenses or coloured overlays** – contact Specsavers Swindon (most Specsavers do not do, but the Swindon branch does) or local private opticians.



These colour tinted lenses or overlays can help with eye tiredness when reading and with dyslexic symptoms. An optician will test you for the right colour required including the exact shade of the colour.



4) **Sunglasses** – you can get this in prescription from you opticians if required, or can buy over the counter if no prescription needed.

Proprieception



1) **Big bouncing ball** – www.decathlon.co.uk/p/fitness-durable-size-2-swiss-ball-65-cm/_/R-p-328543?mc=8603634&c=BLUE_TURQUOISE

A ball to bounce and sit on.



2) **Body sock** – www.sensorydirect.com/body-sock-new

A sock to go in and push against for sensory resistance.



3) **Wobble seats** – www.costcuttersuk.com/ricochet-none-slip-polypropylene-classroom-wobble-stool.html?msclkid=841264d6369e116e21bc066f8eccbe24&utm_source=bing&utm_medium=cpc&utm_campaign=Shopping%20%7C%20Standard%20%7C%20Everything%20Else&utm_term=4575067897352896&utm_content=All%20Products

Stools that encourage and allow for constant moving and fidgeting.



4) **Balance cushions** – www.physioroom.com/physioroom-air-stability-wobble-cushion---35cm

A cushion you can either sit on for similar purposes as wobble seats, or to stand on to practice balance.



5) **Resistance bands** – google or visit a sports shop

Difference coloured silicone bands which you can push against for resistance.





6) **Insoles** – if you are spraining your ankle quite frequently, you can ask for a referral from your GP to see an orthotist who may be able to create custom orthotic insoles to help better align your feet to prevent or reduce sprains.

Interoception



1) Portion plates – www.amazon.co.uk/Healthy-Portion-Carbohydrates-Management-Slimming/dp/B08LHK16P3/ref=asc_df_B08LHK16P3?tag=bingshoppinga-21&linkCode=df0&hvadid=80470608884505&hvnetw=o&hvqmt=e&hvbmt=be&hvdev=c&hvlocint=&hvlocphy=&hvtargid=pla-4584070149136275&psc=1

If you struggle to know when you are full, using a portion control plate can help you to see how much a portion size is.

2) Pomodoro timer – www.amazon.co.uk/Kitchen-Digital-Magnetic-Countdown-Function/dp/B08KJJXS4/ref=asc_df_B08KJJXS4?tag=bingshoppinga-21&linkCode=df0&hvadid=80745486850781&hvnetw=o&hvqmt=e&hvbmt=be&hvdev=c&hvlocint=&hvlocphy=&hvtargid=pla-4584345026208141&psc=1

To remind you to take regular drinks at certain intervals or use the toilet / take breaks.

3) **Sand timers** – www.amazon.co.uk/Comsmart-Hourglass-Sandglass-Classroom-Decoration/dp/B07C2GT5Y



As above, but cheaper and less technological so easier to use.



4) **Time timer** – www.timetimer.com

Timer with easy visibility of how much time is remaining.

5) **Water bottle with drink reminder measurements** – www.amazon.co.uk/Water-Bottle-Marker-Measuring-Lines/dp/B08JQBM1T9/ref=asc_df_B08JQBM1T9?tag=bingshoppinga-21&linkCode=df0&hvadid=80195739076733&hvnetw=o&hvqmt=e&hvbmt=be&hvdev=c&hvlocint=&hvlocphy=&hvtargid=pla-4583795271192277&th=1

Measurements so you can see how much you have drunk and when to drink etc. If combined with one of the timers above, it can help to drink the correct amount each day.

