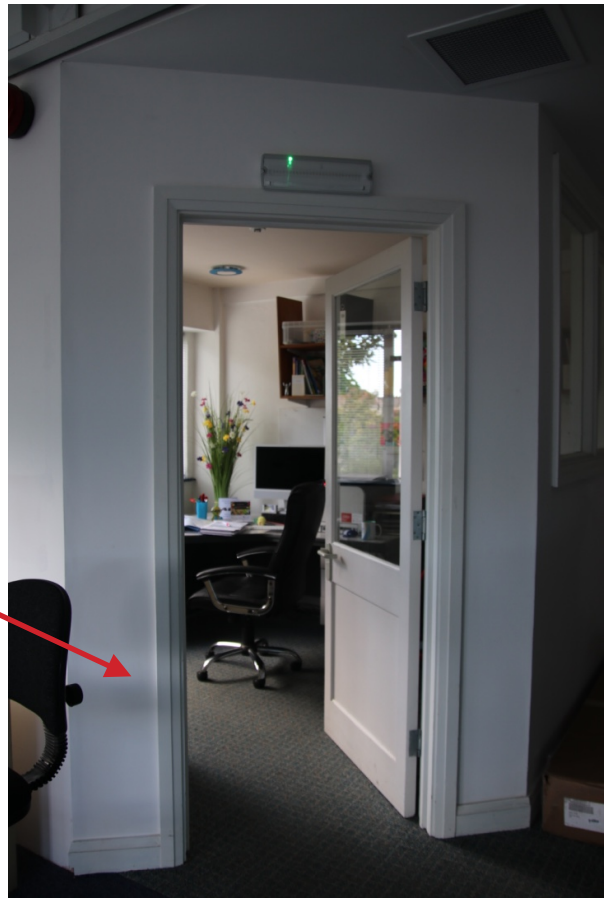


People with autism often have a variety of sensory difficulties. If you need advice and support for sensory related difficulties you may meet with Autism Guernsey's **Occupational Therapist.**

The Occupational Therapist can help people to understand what kind of sensory things bother them and why, and then suggest ideas that can help to ease some of those difficulties.

This is the Occupational Therapist's office.

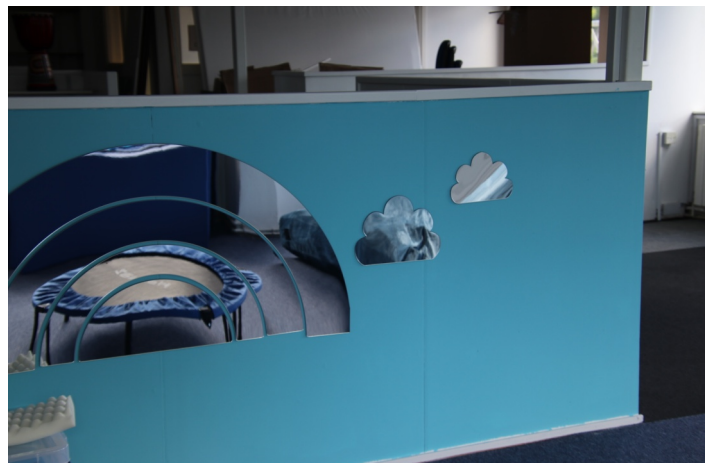


This is the Occupational Therapy area.



In the Occupational Therapy area there are things like a trampoline and a crash mat. Some people with autism find it helps them if they can jump on a trampoline or to use the crash mat.

.....also some interesting shaped mirrors.



The Occupational Therapist can help you to explore and try out lots of different sensory items or fidgets, as well as discuss strategies that can help you to manage any sensory challenges you may have.

These sensory items can be pleasant to touch, some make pleasant sounds, and they are fun to use and play with. You can try different things and discover what items you like and which ones help you to feel better and calmer.



These are just two of the many sensory resources you might use if you meet with the Occupational Therapist.

