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Website: www.hacs.org.uk/event-calendar/

Telephone: 0208 606 6780

“Autism: Sensory Differences”

A workshop for parents, carers and professionals

Autistic individuals experience sensory information in very unique ways, including over-sensitivity, under-sensitivity or poor modulation. Whilst sensory differences can often be enjoyable for autistic individuals, they can also have a profound effect on a person’s life, causing significant distress in coping with daily life.

This workshop will cover:

- Our senses and how they work
- Insight into the sensory differences experienced by autistic individuals
- Signs of sensory overload and sensory seeking behaviour
- The importance of understanding an individual’s sensory profile
- Strategies to create sensory-friendly environments in home, school or community
- Opportunity to make some sensory resources
- Strategies to teach individuals to self-regulate their arousal levels

Trainers: Catherine Ford, Jo Major, Katherine Eaton

Hillingdon Autistic Care & Support

Tuesday 5th March 2019 at 10am – 1pm OR

Wednesday 6th March 2019 at 6:30pm – 9:30pm

£10pp for HACS members £25pp for non-members

Venue: HACS Resource Centre, Dudley Place, Hayes, UB3 1PB

Light refreshments will be provided