



Fact	Vestibular	Proprioception	Tactile	Visual	Auditory	Olf / Gustatory	Other
Only crunchy bread, spicy pizza and pepperami		Likes crunchy food - proprioception chewing can be down regulating	Poor tactile discrimination - hard food gives better perception			Seeks spicy tastes to increase awareness in mouth	Poor cooking skills - all easy to buy and eat without prep.
Has to have music on at all the time via earphones indoors	Helps timing and sequencing ?Vibration in vestibular system is alerting		Skull candy earphones provide vibration		Auditory sensitive, blocks noises from neighbours and others - familiar tunes calm		Likes to sing along
Exercises 3 times a day - running outdoors in quiet rural spaces	Seeking vestibular input	Seeking lots of proprioception to improve body awareness	Likes wind on face, runs without rain gear in soft rain	Less visual input of busy people in quiet rural green spaces, natural colours and light down regulating	Sensory sensitivity to sound reduce in quiet places		Trying to lose weight
Loves to pet and talk to animals		Enjoys movement of stroking	Safe touch on own terms, slow and rhythmical is calming			Likes smell of newly washed shampooed dog	Feels safe and comfortable with animals who make no judgement
Avoids busy places	Poor spatial understanding - poor vestibular processing - difficulty moving through space	Poor body awareness, avoiding others is tricky	Becomes irritable when touched by others	Too much stimuli Poor 3D vision - depth perception	Too much stimuli. Always has music on when outside		Feels unsafe around people  Short - loses visual field when with tall people
Has thermal blinds down all day and 12 dimmer switches			Keeps house stable temperature in summer and winter	Reduces visual input visual sensitivity			Worries neighbour is a peeping tom, paranoia re thieves seeing his stuff
Flat is always tidy and clean - sparsely furnished	Poor spatial understanding - this makes moving easier	Easier to navigate room space and not bump into things with poor body awareness	Hates feel of dirt on surfaces	Less visual stress and predictable to look at	Reduces outside noise	Enjoys smell of cleaning products like pine floor polish	Fears Mothers anger when visits if not 100% clean and tidy

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