



Sensory Issues for Adults with Autism Spectrum Disorder

Diarmuid Heffernan

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Understanding sensory issues can be the key to overcoming them. Using this practical guide, individuals with Autism Spectrum Disorders (ASDs) can begin to understand their sensory difficulties and learn how to create a tailored plan for overcoming specific everyday challenges.

Learn how the senses work and how sensory systems can function differently for people with ASD, leading to sensory perceptual issues. What are the difficulties that can arise at work, college, home, or in public or cyber spaces? Practical strategies and creating a unique 'sensory plan', based on frequently encountered environments and situations, will help any adult with ASD to overcome these sensory difficulties.

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