

Supported by:

**national autism standards**

**Sensory Assessment Checklist**

(based on the sensory profile checklist for Bogdashina, 2003 and included in the IDP autism spectrum)

Name of child: Date:

DOB:

Where possible, complete this in discussion with the parents or carers. Simply highlight the behaviours that you have observed and personalise it using the column on the right.

|  |  |
| --- | --- |
| **Observed behaviours** | **How ……………………….. behaves** |
| 1. **Visual** |  |
| Dislikes bright/fluorescent lights or flashes of light |  |
| Puts hands over eyes or closes eyes in bright light |  |
| Enjoys/is fascinated by shiny objects and/or bright colours |  |
| Appears not to see certain colours |  |
| Uses peripheral vision when doing a task |  |
| Enjoys certain patterns (e.g. brickword, stripes) |  |
| 1. **Auditory/Speech** |  |
| Is attracted by sounds and noises |  |
| Covers ears/is very distressed by certain sounds |  |
| Finds it easier to listen when not looking at person |  |
| Can hear sounds which others do not hear |  |
| **Observed behaviours** | **How ……………………….. behaves** |
| Only seems to hear the first words of a sentence |  |
| Repeats exactly what others have said |  |
| Bangs objects and doors |  |
| 1. **Taste** |  |
| Dislikes certain food and drinks |  |
| Eats or mouths inedible items/materials |  |
| Dislikes crunchy or chewy food |  |
| Likes food to be presented in a certain way on the plate |  |
| 1. **Smell** |  |
| Dislikes certain everyday smells |  |
| Smells / licks objects |  |
| Smells, licks, taps people |  |
| 1. **Physical Touch** |  |
| Likes a hug if chosen to do this |  |
| Hugs very tightly |  |
| Does not like shaking hands or being hugged |  |
| Seeks pressure by crawling under heavy objects |  |
| Touches the walls of rooms |  |
| Dislikes the feel of certain fabrics and substances |  |
| **Observed behaviours** | **How ……………………….. behaves** |
| Enjoys feeling certain materials |  |
| Only wears specific clothes |  |
| 1. **Memory** |  |
| Can memorise large amounts of information on certain topics |  |
| Remembers routes and places extremely well |  |
| Gets lost easily |  |
| Very good auditory memory for songs and rhymes |  |
| 1. **Social situations** |  |
| Finds crowded areas very difficult |  |
| Prefers to sit at the back of a group or front of a group |  |
| Is startled when approached by others |  |
| 1. **Proprioceptive and vestibular sense (body awareness, force, pressure & balance)** |  |
| Quite clumsy and bumps into objects and people |  |
| Does not seem to know where body is in space |  |
| Has difficulty running and climbing |  |
| Has poor balance |  |
| Has a fear of heights, lifts, escalators, etc. |  |
| Has extremely good balance |  |
| **Observed behaviours** | **How ……………………….. behaves** |
| Finds it hard to ride a bike |  |
| Has difficulty catching balls |  |
| Afraid of everyday movement activities such as swings, slides, trampolines, etc. |  |
| Needs to swing and spin |  |
| Likes to push and pull and taking part in rough and tumble games |  |
| Finds fine motor movements hard |  |
| 1. **Interoception (how are body is feeling on the inside)** |  |
| Seems unaware of pain |  |
| Seems unaware of when hungry, thirsty |  |
| Seems unaware of being too hot or too cold |  |
| Needs the day paced to rest and relax, as seems unaware of being tired. |  |
| 1. **Routine** |  |
| Resists changes to familiar routine |  |
| Inflexible in approaches to play or activities |  |
| Needs warning of a surprise or change |  |