

#ASDNext

Laundry and Sensory Issues

Doing laundry is necessary, but can be a sensory overload for individuals with autism. This resource provides helpful tips for completing laundry for individuals with autism.



TOUCH

If you don't like touching certain fabrics or the feel of dirty laundry, try wearing gloves. Gloves are made from a variety of different materials, such as vinyl, cloth, and latex, so you can find a pair that works for you.

SOUND

Washing machines and clothes dryers can be very loud. If the noise bothers you, try to keep the door closed to the laundry room. If that is not an option or you clean your laundry at a laundromat, try wearing noise-blocking headphones or listen to favorite music to block the sound.



SMELL

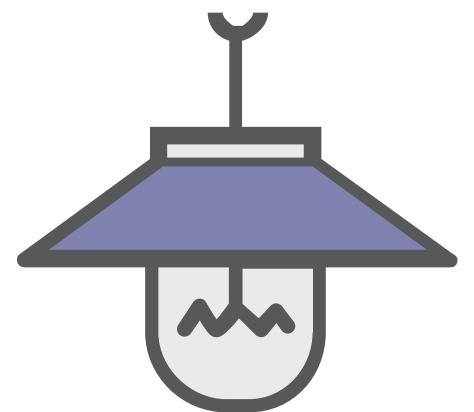
Laundry detergent comes in a variety of scents, some much stronger than others.

- Before buying a certain brand and variety of liquid laundry detergent, open the cap and smell it to make sure it's a smell you like.
- For powder detergents, smell the outside of the container.
- Many brands of laundry detergent also come unscented, if you cannot find a smell that is mild enough to tolerate.

If you are doing laundry in a laundromat, the mixture of smells from all of the different detergents can be overwhelming. You can try wearing a protective mask to cover your nose. You can also take a walk outside while waiting to minimize the amount of time you need to be exposed to the smell, or go during times when the laundromat is less busy.

SIGHT

- If you do laundry at home, make sure the lighting in the laundry room is something you can tolerate.
- If you do laundry at a laundromat, you will not have control of the lights, and many laundromats use florescent lights. If the lighting bothers you, try wearing a hat and/or sunglasses to block the light from your eyes.



This information sheet was developed by ASERT for #ASDNext. For more information, please contact ASERT at 877-231-4244 or info@asdnext.org. ASERT is funded by the Bureau of Autism Services, PA Department of Human Services