

**Do you or does someone you know:**

- Rub surfaces ? Yes\_\_\_No\_\_\_
- Have fear or trouble with stairs? Yes\_\_\_No\_\_\_
- Have a sensitivity to bright light? Yes\_\_\_No\_\_\_
- Squint or close one eye in bright light? Yes\_\_\_No\_\_\_
- Play with the colour control or brightness setting on the TV? Yes\_\_\_No\_\_\_
- Change behaviour under fluorescent light? Yes\_\_\_No\_\_\_
- Periodically blink in a series of blinks? Yes\_\_\_No\_\_\_
- Look at objects in a series of short glances? Yes\_\_\_No\_\_\_
- Rub or push the eyes? Yes\_\_\_No\_\_\_
- Look away from visual targets (sideways looking) Yes\_\_\_No\_\_\_
- Appear startled when approached? Yes\_\_\_No\_\_\_

If the answer to is Yes to even one or two of these questions, this may indicate that the **irlen®** Method and **irlen®** filters could be beneficial to you or the person you know.

For more information on irlen® (Scotopic Sensitivity) Syndrome, please contact the irlen® Centre or refer to Reading By The Colors by Helen Irlen.

*“Sensory processing problems can cause real pain: even non-verbal individuals with autism can have a problem with sensory overload. Some People are really helped by irlen® Spectral Filters”*

*- Temple Grandin Ph. D.*

*“I know of children and adults (with Asperger’s Syndrome) who have reported a considerable reduction in visual sensitivity and sensory overload when wearing irlen® lenses.”*

*Tony Attwood Ph. D.*

**Irlen® Cumbria**

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**irlen®** filters and the **irlen®** Method are available only from accredited **irlen®** Centres.

Community Trade Mark

Registration No. 5669809  
IRLEN

**BREAKING  
FREE**

from

Perceptual

Sensory

Distortions

**AUTISM &**

**IRLEN®  
SYNDROME**

## IRLEN® SYNDROME – WHAT IS IT?

People who have Irlen® syndrome have problems of visual-perception. Visual perception is the ability to interpret or give meaning to what is seen. Irlen® sufferers do not always see a stable or an undistorted image. It is not the eye that causes the difficulties, but the way in which the brain interprets the signals that are being sent through the eye.

## AUTISM AND IRLLEN® SYNDROME

Autistic people may or may not have Irlen syndrome also. Perceptual distortions for the person who has both Autism and Irlen® Syndrome may affect everything they see, not just the printed page. Some autistic people may have a strong reaction to certain colours or patterns, while others may see a distorted or fragmented environment. Part of the scene they are looking at may “disappear”, for example, or they may see the people around them as a series of unconnected features, never a complete individual. The autistic person may not perceive everything as stable.

Objects or faces may seem a disjointed jumble, while movement may appear to make the components jump about.

The effort of living with and making sense of what they see, can be extremely fatiguing.

The distortions may be constantly changing and unpredictable, so there is no permanence in the environment; nothing familiar.

These visual perceptual problems can create an information overload. Hearing, touch, taste and smell may be forced to compensate for this, but these senses may also distort perception. It is as though all the senses are being bombarded by too much unfiltered information. The only way to control what is being seen, heard, tasted and smelled is to make behavioural attempts to close it out. Information therefore is only incompletely processed; sometimes not at all. Without fully processed information from all the sense, there may be no way to make sense of the environment. The world becomes a confusing, frightening place in which to live.

The way in which the autistic person deals with this confusion depends on the individual. Some people will become angry, destructive or manic.

Others may become anxious or withdrawn, while others will seek ways in which to compulsively control or avoid the frightening situations. These coping strategies may be displayed as:

- temper tantrums
- poor self control
- poor social skills
- poor communication skills
- poor concentration
- repetitive actions
- destructive behaviours

## THE IRLLEN® METHOD

The Irlen® Method is a unique technique which uses coloured overlays and precision spectral filters worn as glasses, to reduce or eliminate visual perceptual difficulties and light sensitivity. The Irlen® Method is backed by a professional and scientific advisory board of leading experts in the fields of medicine, optometry, ophthalmology, neuroscience, research, education, autism and dyslexia.

Irlen® spectral filters can never “cure” autism, but, by reducing the sensory overload, they may help the autistic person to better understand and relate to their environment.