

TOUCHPOINTS AND AUTISM

TouchPoints are neuroscience-backed wearables that offer a passive, non-invasive solution that may be more powerful than other methods in preventing nervous system hyperarousal in real-time. TouchPoints can be used in the classroom, at home, or during therapy sessions to attempt to reduce sensory hyperarousal for improved outcomes in individuals with ASD.

How to Use TouchPoints for Autism:

Reduce sensory sensitivity and nervous system hyperactivity with TouchPoints. Use the devices all day at school or work, when going into a new environment, and when in an environment with a lot of sensory stimuli to help with regulation. Note that the average battery life for continuous use is 3-4 hours so multiple sets are required for all-day usage.

It is suggested that those with Autism use TouchPoints for Sleep as the zippered sweatbands not only muffle the noise of the vibrations but also make the introduction and acceptance of TouchPoints more seamless.

What settings to use:



BLUE
(SLEEP/MEDITATION)



YELLOW
(CALM/FOCUS)



PURPLE
(ANGER/AGITATION)

Ease into TouchPoints by first starting with the blue (sleep/meditation) setting. Experiment with the devices in various settings and work your way up in settings, moving from blue (sleep/meditation) to yellow (calm/focus) and purple (anger/agitation). Find the favorite setting and continue to use this setting throughout the day.

Where to wear:



WITH
WRISTBANDS



IN ZIPPER
SWEATBANDS



WITH
CLOTHING CLIPS

TouchPoints must be worn on either side of the body, horizontally balanced, for the technology to work. The devices may be secured with wristbands, sweatbands, and clothing clips, or they may be simply held in hands or kept in pockets or socks.



IN
HANDS



IN
SOCKS



IN
POCKETS

Place the TouchPoints where they are most comfortable. Experiment with the various ways to wear until you've found the best fit.

TOUCHPOINT

*These tips and recommendations were provided by those who currently use TouchPoints to manage Autism Spectrum Disorder. TouchPoints are not meant to treat Autism or any medical condition. Children and adults with Autism have used TouchPoints to help stay calm, prevent stimming and startle response, focus in school, and report improved outcomes. The news reports on Autism are based on actual users of TouchPoints and we are in the process of conducting double-blind placebo-controlled studies in classrooms with Autistic children on a larger scale, but this research is not yet ready for publication.

For more helpful resources on using TouchPoints with Autism, please visit <https://thetouchpointsolution.com/pages/autism>.