**[Start of transcript]**

**Interviewer**: Ok we are recording and I will be asking you questions regarding your perspective about how your daughter’s sensory sensitivities impact her transition to adulthood.

**Interviewee:** Sure.

**Interviewer**: And we’ll be doing a semi-structured interview, which means I have my planned questions, but I’ll be adapting them to follow our conversation, as you know.

**Interviewee:** Absolutely.

**Interviewer**: And just to reiterate, if there’s anything that makes you uncomfortable you do not have to answer. We want this to be a positive thing for you.

**Interviewee:** No problem.

**Interviewer**: Excellent. And if there’s anything that comes to mind later in the conversation, feel free to jump back. The conversation doesn’t have to be linear.

**Interviewee:** Ok.

**Interviewer**: Right. Could you start off by telling me about your daughter’s sensory sensitivities and sensory interests?

[0:45]

**Interviewee:** Her sensory sensitivities kind of like peaked up along when her brother’s did and that was before any official diagnosis. Any time we did public restrooms it was hands over the ears. She was very sensory sensitive to smells and she still is. She couldn’t handle like going in the seafood area of the market. She doesn’t do as bad as Tyler on smells, where, you know, she didn’t gag on the smells, but when it comes to tastes, she doesn’t prefer specific types of food because of the way they feel in her mouth.

**Interviewer**: She does prefer certain types or doesn’t?

**Interviewee:** She, there are specific types she doesn’t prefer.

**Interviewer**: Got you. What are they?

**Interviewee:** Refried beans, because there are lumps of beans in there and she will gag. Rice, she will gag on rice, and also like any new food, she’ll try a little bite, but if she can’t handle it she won’t eat it. And also tomatoes, she can’t do like cut-up tomatoes, they’ll make her throw up. Same thing, so she doesn’t like that feeling or that consistency in her mouth.

**Interviewer**: Kind of like that mushy, slimy, kind of …

**Interviewee:** Yes, yes.

**Interviewer**: Is she ok with like cooked tomatoes, which maybe are a little bit less slimy than raw tomatoes?

[2:32]

**Interviewee:** No, the only kind of tomatoes she’ll eat is in pizza sauce [*laughs*].

**Interviewer**: [*laughs*]. Got you. Ok, so you talked about smell right there, like the seafood smell.

**Interviewee:** Yes.

**Interviewer**: Is it just food smells that are strong, is it perfumes?

**Interviewee:** Perfume, perfume. If she gets somebody that has a lot of perfume on she will, “*I’ve got to move, I’ve got to move, I need to move now because they’ve got a lot of perfume on*,” and I can’t even smell it.

**Interviewer**: Ok.

**Interviewee:** And it seems like her sensitivity to that is more in tune, I guess, she can smell it before I can. You know, same thing with the hearing, you know, they’ll hear things … even when they were little, she would hear things before I’d hear them. You know, she could talk about, you know, somebody was breathing too heavy. Yes [*laughs*] it’s quite interesting, yes.

[3:42]

**Interviewer**: But she won’t gag from bad smells the way your son will gag?

**Interviewee:** No, no.

**Interviewer**: Got you.

**Interviewee:** She was quite different there.

**Interviewer**: Yeah, for sure. And what about noises, you mentioned the bathroom?

[3:53]

**Interviewee:** Yes loud noises. She doesn’t like real loud noises like … like … the generator, oh not the generator, the air compressor in our garage, if she’s out there and it’s on she’ll, you know, she’ll come back in the house because she can’t stand the loud knocking noise that it makes. Or if a radio is too loud or if the TV’s too loud.

**Interviewer**: Is it also the case with like human noises, with like people talking too loudly or a crowd?

**Interviewee:** Yes, yes.

**Interviewer**: Ok, awesome. Does she, is she sensitive to like certain textures, like with her hands or her body?

[4:40]

**Interviewee:** Yes, she doesn’t like jean material. She doesn’t like, she’ll, she’ll wear jean material, but what I have gotten, what I have learned, and we’ve adapted, she used to wear just jogging pants because she didn’t like the feel of the material around her waist. So luckily, we got lucky when jeans came out with like, you know, with the stretchy middle, so she will wear that and not wear anything that is buttoned to her waist. She’ll refuse to wear it because she said it just feels uncomfortable.

**Interviewer**: Got you. Is she bothered … Oh you went away, I can’t see you …

**Interviewee:** That was me, hold on a second, there we go [*laughs*].

**Interviewer**: We’re good, not a problem, it happens [*laughs*] … Zoom. Is she bothered by other things that are kind of constricting, you know like maybe a tight jacket or …

**Interviewee:** Yes. She doesn’t like anything … [*Tyler speaks in background … inaudible …*] Not right now Tyler I’m busy … She doesn’t like any type of jacket that’s too constricting, she doesn’t like … what else … hats that are too constricting, you know, like a snow cap. She doesn’t like, she does *not* like wearing those … [*Tyler speaks in background … inaudible …*] Not right now Tyler, I’m busy ok? … [*Tyler speaks in background… inaudible …*] … No, no, no, no, not right now, we’re not ordering anything for dinner [*laughs*]. Sorry.

**Interviewer**: No, no, not a problem, not one bit. Does she prefer any like clothing textures?

[6:18]

**Interviewee:** Yes, she does like the softer, silkier clothing … I’m going to plug you in so my phone charges … [*laughs*]

**Interviewer**: Oh yeah, no worries.

**Interviewee:** Yeah, but she prefers like the silkier textured clothing.

**Interviewer**: Got you.

**Interviewee:** She likes soft blankets, that type of, that type of material.

**Interviewer**: Got you. And what about vision or like sight, does she have any sensitivities or like preferences there?

[6:48]

**Interviewee:** No.

**Interviewer**: Ok, awesome. So, when she is in a scenario where she is faced with sensory things that she doesn’t like, like maybe smells, touch, taste, sound, how does she cope with or manage those?

**Interviewee:** She’s gotten really good since she’s gotten older.

**Interviewer**: That’s great.

**Interviewee:** Yes. She’ll deal with them, knowing, you know, that she has to deal with them, but after, after she’s done dealing with them, she makes sure to let me know [*laughs*].

**Interviewer**: Got you.

**Interviewee:** “*It was hard dealing with this and I just want to let you know*.” And I, I always listen to her, because she needs to vent. Because that is something that bothers her but doesn’t bother me or anybody else and I would like to understand it.

**Interviewer**: Absolutely. And when you say like deal with it, what do you mean by that?

[7:47]

**Interviewee:** She’ll stay in the situation, for instance like she’s in theater arts, she loves to act, and she loves to do voice acting, and, you know, she’s, you know, she’d be, “*There were girls in there with too much perfume on and it bothered my nose*.” And I would ask her, “*Well what did you do*?” And she said, “*Well Mom, it’s not appropriate for me to leave the room so I had to just sit there and deal with it and just smell it, you know*.” And it wasn’t, you know, thank goodness it wasn’t a bad smell, or, you know [*laughs*]. But that’s how she’s gotten, you know, she’s learned to deal with things and to cope with things and I think she’s done really well.

**Interviewer**: Yeah, it sounds like it.

**Interviewee:** Yeah. I always ask her if my perfume is too strong, if she likes the new perfume or if she likes the new body spray, because I know if it passes her smell test then I’m good [*laughs*].

**Interviewer**: Absolutely. Does she like block her ears in some way if sounds are too loud?

[8:58]

**Interviewee:** Yes, yes, she still does that now.

**Interviewer**: Yeah.

**Interviewee:** You know, and I mean even for myself, for instance, you know, if I hear a noise that’s too loud I have to plug my ears, you know, there are certain things that are too loud.

**Interviewer**: Absolutely, for sure. And does she just use her hands or does she also use like headphones or earbuds?

**Interviewee:** Well, what she does is normally she is on her phone a lot so she has headphones on, so it blocks a lot of it out.

**Interviewer**: Yeah it does, absolutely. Does she ever leave a situation if a smell is too bad, like you mentioned the seafood counter?

[9:41]

**Interviewee:** Yes, yes, she would, you know, like if we were in the store or something she would say, “*You know* *Mom, we need to go another part of the store*.” And I’ve done that, we’ve done that, especially with people that have had too strong perfume on, you know, she would say, “*I can’t handle the smell Mom, can we please go and move to another area*?” So I’ve always accommodated it for her.

**Interviewer**: Absolutely. And then what about taste and like the texture of foods, how does she manage that sensitivity and preference?

[10:18]

**Interviewee:** When she’s at home she, if I give her something that she’s not having she’ll spit it out or she will like, if I make chili, she loves chili, she will pick the beans and the tomatoes out. I give her a little bowl and she will take them out with her spoon. But, you know, she’ll eat chili. If she has refried beans, there’s one place that we go to that I know the refried beans are all smooth and there’s no chunks, so we accommodate her that way. And we don’t try her on rice pretty much because we know that’s not happening. So thankfully she’s in her safe haven of home to where, you know, if she … the last time she, this happened she gagged, it was on a little piece of tomato and thankfully we were at home. But I felt so bad for her, you know. But she’ll just avoid eating those foods [*laughs*].

**Interviewer**: Absolutely .

**Interviewee:** Yes. She’ll avoid eating it, yes, absolutely.

**Interviewer**: And what about her clothing preferences, how does she manage that?

[11:33]

**Interviewee:** She’s … T-shirt and, you know, jogging pants if we can, but now she likes the new jeans that have the elastic waist, so … clothing has come quite a bit along since we first started with this and that’s a plus.

**Interviewer**: Yeah, absolutely. And has she received like any particular therapies or interventions to help her cope and manage her sensitivities?

[12:03]

**Interviewee:** She had ABA [applied behavior analysis] therapy a few years ago and then she has … she’s in a ALE [applied learning environment] classroom and so I think they help her deal with those sensitivities in the classroom. Because she sees that there are others that have the same sort of issues that she does.

**Interviewer**: So how, how do you think they help her, just through modeling or do they …

**Interviewee:** Modeling. She does, they do a lot of modeling and visual prompts for her.

**Interviewer**: Do you think it’s helped?

**Interviewee:** Yes I do, I really do. Because we started doing that at home, giving them visual prompts, because they will both overeat if you let them, so I’ve got, my daughter-in-law made a sign to put on the pantry door that says what time is lunch, what time is dinner, what time is breakfast, what time is snack, what time is dessert, so they know, and they don’t … Madison does not, you know, she doesn’t push the … she doesn’t push, you know, getting things early or … so we started to make more visual prompts around the house for her.

**Interviewer**: Awesome. And does that, do you make those prompts also for her sensory sensitivities or for her other needs?

[13:33]

**Interviewee:** Just for her other needs for right now. She knows that if there’s something sensory that’s an issue, she knows she can come to me and we’ll try and figure it out.

**Interviewer**: You sound very supportive.

**Interviewee:** Yes, I try to be. I have to be. I’ve really had to learn to adapt myself because I have three older children and none of them experienced this, so this was all new to me with the twins.

**Interviewer**: Yeah, I’m sure it was a lot.

**Interviewee:** Yes, yes.

**Interviewer**: And you kind of alluded to this, but how have her sensory sensitivities changed over time?

[14:14]

**Interviewee:** She’s gotten, it seems like … like some of the smells don’t bother her like they used to, you know, strong perfume or strong body spray. Smells outside, like, you know, fresh cut grass, that doesn’t bother her, or raining, the smell of rain used to irritate her, and we’ll notice if she’s had a specific sensory overload kind of day at school – which she doesn’t do it so much anymore because she’s learning at home – she’ll come home and she will, she will stim. She gallops back and forth – she’s got a very large bedroom – and she runs back and forth in the bedroom to release that.

**Interviewer**: Got you. And has that changed over time or has that been kind of constant?

[15:17]

**Interviewee:** The type of stimming has changed over time. She runs back and forth whereas when she was younger she would flap her hands, rock back and forth in her seat, and, you know, kind of like make loud squeals.

**Interviewer**: Got you.

**Interviewee:** And I’ve always voiced my … support when it comes to either of them, you know, stimming, you know, to try and get that release. I’ve never stopped them, never told them it wasn’t right, you know. I’ve just let them do what they needed to do.

**Interviewer**: Absolutely. Have her other sensory sensitivities changed over time?

**Interviewee:** No, no, they’ve kind of stayed the same. Especially with the food. She seems to have to gotten more foods that become sensory issues than what used to be.

**Interviewer**: Interesting, like, can you give an example of something that now bothers her?

**Interviewee:** Yes, tomatoes didn’t use to bother her, now they bother her. She used to eat salads like crazy and now, nope, nope! [*laughs*]

**Interviewer**: Got you. These changes that you’re talking about, do you think any of them are related to independence that she’s gained over time?

[16:43]

**Interviewee:** I do.

**Interviewer**: Yeah? How so?

**Interviewee:** I really do. I just think that we’ve, you know, we’ve given her the ability to make her own choices and so she feels, you know, she feels more independent, so she feels more comfortable. You know, it’s, she’s in … theater arts and she’s … she’s had four years of theater arts.

**Interviewer**: Wow!

**Interviewee:** Yes, yes, and so she’ll get a letter from that when she graduates and so she’s, you know, and her tech theater and theater arts teacher have said she’s done great. She’ll, you know, she’ll have a great career in voice acting, so they’re going to help once she gets out of school.

**Interviewer**: That’s awesome, that’s really great.

**Interviewee:** Yes, yes, and she was the lucky one that, they take a theater trip every two years and she went to New York City right before this pandemic hit [*laughs*].

**Interviewer**: Great! That’s awesome!

**Interviewee:** Yeah, she got to see Broadway, she got to see Hamilton, she got to do a lot … she stayed a week … and I had one of the moms, you know, keep an eye on her for me, but she did great.

**Interviewer**: That’s so wonderful.

**Interviewee:** Yes. It was nice to see her be independent.

**Interviewer**: Yeah, I’m sure that was a great example of like what she can accomplish.

**Interviewee:** Yes, yes.

[18:19]

**Interviewer**: You talked about how her like smell sensitivity has decreased or about how she’s really good at advocating for her needs now. Do you think that’s related to her independence that she’s gained?

**Interviewee:** I do, because she feels comfortable advocating because she knows everybody’s not the same, everybody’s different, so if you need something and others don’t know around you, you need to let them know.

**Interviewer**: Got you, absolutely … sorry, I knocked something over, apologies.

**Interviewee:** It’s ok [*laughs*].

**Interviewer**: [*laughs*] Just a water bottle. Her sensitivities, if she is in a scenario where there are like senses that she doesn’t like, does that cause or increase anxiety for her?

**Interviewee:** It does. It will.

**Interviewer**: Yeah, and what does that anxiety look like for her?

[19:14]

**Interviewee:** Her hands will get sweaty, she’ll get like a look of being very unsure on her face. She’ll make, like you know, she will make a face like that … and I know right away that something is not right.

**Interviewer**: Got you. And how does she deal with that anxiety?

**Interviewee:** She just, she’ll, you know, she’ll stay in the situation, but as soon as she comes home and she doesn’t have to be in the situation anymore anmore it’s like a big “*Phew*!” she’s glad that it’s over and done with and then she, she will definitely come home and stim [*laughs*]. It will be a longer session of stimming.

**Interviewer**: Got you.

**Interviewee:** Yeah.

[19:58]

**Interviewer**: Has that changed over time?

**Interviewee:** I would say that her, when she was younger she used to stim like constantly run back and forth, but now it doesn’t seem to be as long. So her sessions of running back and forth have gotten shorter.

**Interviewer**: Yeah, but she still experiences anxiety in that sense?

**Interviewee:** Oh yes, oh yes.

**Interviewer**: Got you. And then, looking towards the future, thinking a bit more broadly, what goals or hopes do you have for your daughter in terms of her sensory sensitivities?

[20:43]

**Interviewee:** It is my hope that she can go out and get a job, live on her own, and be able to get transportation, you know, to what she needs to do. And of course if that doesn’t happen, it’s ok, we plan on, you know, her staying with us forever [*laughs*], you know, and we’ll just support her from home. And I guess my thing is, I don’t want anybody taking advantage of her, because she’s very kind natured, she’s very naive. She doesn’t know that people out there in the world would take advantage of her, so that’s my responsibility to watch and make sure she’s alright.

**Interviewer**: Yeah, absolutely. And are these like goals or hopes, like related to her sensory sensitivities or more just as her mom?

**Interviewee:** More related to her sensory sensitivities [*laughs*] and also being, you know, her mom too. I want to make sure that she’s able to, you know, to exceed to the best of her ability.

**Interviewer**: Absolutely. Shifting on to our next chunk of questions. As she has grown up, how has her and your community reacted to her sensory sensitivities?

[22:15]

**Interviewee:** Her community has been, school community, has been of course very accepting and accommodating, especially where they’re able to accommodate her. I think it’s, it’s done wonders, you know, their communication, you know. Home, we’ve adapted, you know, home we’re trying to make as many accommodations as we can. You know, of course nobody’s going to force her to eat something, or a smell that she can’t handle, or, you know, we’re not going to, we’re not going to put her in that situation. And the school, the community has also adapted to where they can, they understand more, and so they’ll make the accommodations for her, which is good.

**Interviewer**: That’s awesome. And like what do these accommodations look like in school for her?

[23:15]

**Interviewee:** For theater arts, for example, her general education class, the theater arts teacher, you know, lets the students know at the beginning of the year, you know, this is a, this is a theater, you know, we don’t wear a lot of cologne and perfume, so he’s had Madison for four years, so he’s made the accommodation on his own.

**Interviewer**: That’s awesome, that’s really lovely.

**Interviewee:** Yes, yes.

**Interviewer**: And what about when she was younger, was the community more or less accepting or accommodating of her?

[23:48]

**Interviewee:** They were less accepting.

**Interviewer**: Yeah? How so?

**Interviewee:** Well we had church, we were going to a church, and this is really sad … and she wasn’t diagnosed yet, but, you know, it was, she was a “problem child.” She just didn’t want to listen, or she didn’t want to follow directions, or she was disruptive, so we, we found another church and the other church that I went to, that we had gone to, they actually had a class for special needs children.

**Interviewer**: That’s awesome.

**Interviewee:** Yeah, so then it became, it moved from unaccepting to very accepting.

**Interviewer**: Got you. So finding that fit that understood her and her needs.

**Interviewee:** Yes, yes, absolutely.

**Interviewer**: Awesome. So you talked about like church, school, your family, are there other places or spaces that are more or less accommodating or understanding of her?

[24:52]

**Interviewee:** I would say no. Right now we’re just school and home, so it’s pretty easy.

**Interviewer**: Got you. And then, again thinking towards the future and more broadly, what goals, sorry, what hopes or worries do you have for how her community will react to her sensory needs in the future?

[25:13]

**Interviewee:** It worries me, especially if they don’t know Madison and if it’s a new setting, you know, I don’t know how they would … her style of advocation may be different than yours and mine. She’s kind of one to, you know, she says what she says and for some people it could very well offend them, and she’s not, she’s not meaning to offend them, it’s just the way she speaks.

**Interviewer**: Absolutely. And so you’re worried they won’t understand her, is that kind of …

**Interviewee:** Yes, exactly.

**Interviewer**: We’re going to shift gears again.

**Interviewee:** Sure.

**Interviewer**: So like in the transition to adulthood, where do you see your daughter?

[26:03]

**Interviewee:** I see her living on her own, able to, you know, have a full-time job and being able to take, not visual cues, but, you know, like support from, you know, from home, you know, and my thing would be I would want to make sure to help her with her finances, because again, that’s where I don’t want someone to take advantage of her.

**Interviewer**: Absolutely, absolutely. In terms of her independence now, like what is she able to do by herself, what does she need some assistance with?

**Interviewee:** She’s able to wash clothes, she’s able to put her clothes away, she’s able to keep her room clean, empty the trash, she … she does a lot.

**Interviewer**: Yeah, that’s awesome.

**Interviewee:** Yeah, she can make sandwiches on her own, she can dress herself, she bathes herself, she brushes her hair, she brushes her teeth. So she’s pretty, she’s very independent.

**Interviewer**: That’s awesome.

**Interviewee:** Yes.

[27:37]

**Interviewer**: You mentioned like making sandwiches, is she able to also like go to the store to buy some things, I mean minus COVID, in a perfect world?

**Interviewee:** Right, right, They used to have every month, it was called a community-based intervention, and it was through school, they would take them out and they would go buy specific things that they needed at the store, at the grocery store, for the classroom and each one of them would get a little bit of money and then they would pay and get change and, or, you know, kind of like put them in the position. So they were teaching them that, absolutely.

**Interviewer**: And do you think she felt like comfortable shopping in that capacity?

[28:15]

**Interviewee:** Very, very, yes.

**Interviewer**: That’s awesome, that’s wonderful. You mentioned that you would want to support her financially. How is she with like money management and understanding money as a concept?

**Interviewee:** She’s very good at understanding money. She’s a saver, she’s not a spender.

**Interviewer**: That’s good. Will she be ok like paying bills? Like how she is with that part of money?

**Interviewee:** That part I would, I would … I would of course let her do it but I would guide her, especially if she’s unsure.

**Interviewer**: Yeah, for sure, absolutely.

**Interviewee:** She’s not real sure about, you know, the whole world of finances and paying rent and getting groceries, so I would of course help her with that.

**Interviewer**: For sure. Also if you’re seventeen you haven’t done it, so would you really know? [*laughs*]

**Interviewee:** Exactly, exactly [*laughs*].

**Interviewer**: [*laughs*] What about a job? Has she had a job? Does she want a job?

[29:15]

**Interviewee:** She hasn’t had a job yet, she doesn’t … she doesn’t want a job yet, but and she hasn’t really … the only thing that she talks about of course is becoming a voice actress, so …

**Interviewer**: Oh yeah, no, that’s great.

**Interviewee:** And you know with the world of Internet and things the way they are, she could live in Texas and do voice work for somebody in California, or, you know, wherever.

**Interviewer**: For sure.

**Interviewee:** Yeah.

**Interviewer**: It’s a good time for that honestly.

**Interviewee:** Absolutely [*laughs*].

**Interviewer**: And what about like a social life, does she manage one to some extent?

**Interviewee:** She has friends that she will talk to on Discord, she’s got a couple of friends, she loves Anime so that’s a lot of what they talk about, yes.

**Interviewer**: That’s awesome. Does she, do you know if she like initiates these Discord calls or if they call her first?

**Interviewee:** They call her first.

**Interviewer**: Got you. And does she ever talk about wanting to live on her own one day?

[30:19]

**Interviewee:** Not really [*laughs*], not really. And of course by no means would I kick her out [*laughs*].

**Interviewer**: No, you don’t seem like that type of person [*laughs*].

**Interviewee:** No [*laughs*].

**Interviewer**: And then, do you think she’ll be able to achieve more independence in the future?

**Interviewee:** I do.

**Interviewer**: Yeah, what do you see her being able to achieve?

**Interviewee:** I see her being able to, you know, I even see her even being able to become a voice actress, you know living on her own and having like, maybe an assistant or someone that, you know, lives with her, or, you know, can help her and … manage her money, and do, you know, like a personal assistant. You know, I mean people have that nowadays so …

**Interviewer**: Yeah, they do.

**Interviewee:** So, you know, she’s got my blessing.

[31:18]

**Interviewer**: That’s wonderful. You gave me a wonderful segue also, so thank you. What do you think would help move her into adulthood?

**Interviewee:** I think graduating high school is going to be a big life-changing event that she’s going to see, you know, what goes on after high school. And then they have another, she’ll have another school to go to, it’s the Reddix Center, and they get them ready for going to college, or, you know, living more independently.

**Interviewer**: Got you.

**Interviewee:** Yeah, so they’ll help her live more independently.

**Interviewer**: Beyond that, do you think there are other services or interventions or supports that could help her?

[32:12]

**Interviewee:** I think there are public services that are out there for her to use and I’ve just got to be able to … advocate because there’s a *long* waiting list in San Antonio, so I’ll have to see what other services are out there that we can utilize to help her. And the school is real good about that, so that’s a plus, so they’ve helped me get going with a lot of other things, so I’m sure they’ll be able to help when we need them in the future, even I know even after she graduates.

**Interviewer**: That’s awesome.

**Interviewee:** Yes.

**Interviewer**: Are these services like vocational programs? Like what are these services that you’re talking about?

[32:57]

**Interviewee:** There’s vocational programs, there are … programs to offer job training.

**Interviewer**: Got you. And like putting these two topics together [*dogs barking in background*] [*laughs*]

**Interviewee:** Can you hear my dogs? [*laughs*]

**Interviewer**: No it’s fine, I wish I had dogs [*laughs*].

**Interviewee:** [*laughs*].

**Interviewer**: Putting these two topics together, the sensory sensitivities and her transitioning to adulthood, how do they intersect for your daughter?

[33:32]

**Interviewee:** I think for her, she won’t know, she doesn’t realize where one begins and another one ends … she’s very, she’ll deal with it head on. Once, I think once she’s … once she becomes independent she will just deal with it and I will get a call, “*Mom, do you know what happened*?” Or, she will vent, she will call to vent.

**Interviewer**: So it doesn’t really sound like, you don’t think it’s really going to impact her transition, is that kind of what I’m hearing?

**Interviewee:** Yes. I think she’s going to, she’s been pretty independent when it comes to the sensory issues, you know, she’s had to learn to be very independent actually. It’s kind of like, “*Ok Mom, I can do this, I’m good*,” you know, “*I can do this on my own*.” Yes, yes, which I think is really good.

**Interviewer**: It is, it’s good practice. You have to learn to advocate for yourself.

**Interviewee:** Well, exactly. I mean if you can’t advocate … you know, my thing is … I’ve always advocated for her and now she’s wanting to advocate more for herself, so I’ve let her, you know, really go ahead and do that.

**Interviewer**: Yeah, that’s wonderful.

**Interviewee:** Yeah.

**Interviewer**: You basically answered this, but do you see her sensitivities and sensory preferences as an obstacle, a vehicle, or neither, or both, towards her independence?

[35:11]

**Interviewee:** I would say neither.

**Interviewer**: Yeah, in what way?

**Interviewee:** Because, you know, with the tastes that, you know, she has, she just won’t eat those foods [*laughs*]. Or the smells, she’s not going to say anything to somebody, you know, if she doesn’t like their perfume, because she knows that not everybody, not everybody’s going to deal with … that in the same … like her [family?].

**Interviewer**: Got you. And this question may not be applicable, given your perspective, but what do you anticipate as being challenging for her as she does gain more independence in regards to her sensory sensitivities?

[35:54]

**Interviewee:** Challenging I think there might be, you know, there might just be different foods that and different smells that she’s unprepared for. So, you know, what if that happens and she’s on her own, you know, and she comes across a specific food that she’s never tried, but she’s, I don’t want her to, you know, “Blahhhh” in a restaurant [*laughs*].

**Interviewer**: Yeah, absolutely. Do you think there is anything that could help her in this intersection?

[36:27]

**Interviewee:** No, I think the most will be support from home where she’s gotten the majority of her support.

**Interviewer**: But you don’t think there’s like a particular intervention or like …

**Interviewee:** No, I don’t. I kind of think it’s just trial and error.

**Interviewer**: Yeah, absolutely. This again may not be super applicable, but do you feel that there are gaps in the available services and interventions for kids like your daughter?

[37:01]

**Interviewee:** I do, I do.

**Interviewer**: Yeah? What are those? Tell me more, how are there gaps?

**Interviewee:** They show them, you know, they need to clean their room or they need to, you know, wash their clothes. They don’t prepare them if they don’t like the scent of something, they don’t prepare them if they don’t like the taste of something, they don’t, they don’t give them the appropriate … they don’t give them the appropriate … how do I want to say it … the appropriate tools on how to handle it. That’s what I was looking for, the appropriate tools. So that’s what we try to teach her at home.

**Interviewer**: Yeah, absolutely. And then thinking a bit more broadly, more globally, how, or how have they not, how have your daughter’s sensory sensitivities impacted your goals, hopes, and expectations for her as she does navigate adulthood?

[38:02]

**Interviewee:** They really don’t.

**Interviewer**: Got you. Why not? Tell me more.

**Interviewee:** Because she, and I don’t say she learns how to hide them well, but she does learn how to fit in to public, you know, and whether it comes to smells, whether it comes to sounds, whether it comes to tastes, she can fit in very well and unnoticed.

**Interviewer**: Got you, that makes sense. And then on to our final chunk of questions, we’re speeding through today.

**Interviewee:** Sure.

**Interviewer**: As a caregiver, as a mom, as a parent of someone with autism sensory sensitivities, what does transitioning to adulthood mean to you?

[38:52]

**Interviewee:** Transitioning to adulthood means able to live on her own, or even living at home and still having responsibility of a job and bills, and, you know, continued responsibilities and chores at home, we just sort of help guide her through. That way, you know, I know she’s not going to be taken advantage of.

**Interviewer**: Yeah, for sure.

**Interviewee:** That’s just my thought.

**Interviewer**: Absolutely, that’s a great one. And has this perspective changed over time?

[39:26]

**Interviewee:** No, no.

**Interviewer**: And then what do you see happening in her future?

**Interviewee:** I see her getting a really good job as a voice actress, I really do see that happening. I, I, just see it happening because she’s a very determined young lady and so …

**Interviewer**: Absolutely.

**Interviewee:** Oops, lost you again, it’s just my battery [*laughs*].

**Interviewer**: Oh, now we’re almost done [*laughs*].

**Interviewee:** But yes, I see her attaining her goals.

**Interviewer**: That’s wonderful. Do you see her finishing school?

**Interviewee:** Oh yes, yes I see her finishing high school, I see her finishing, you know, and even if she … she’ll learn another trade, even if it’s not voice acting, she’ll be able to, you know, have a, something else to fall back on.

**Interviewer**: Absolutely. Do you see her having a family of sorts?

[40:29]

**Interviewee:** No. She has told me from when the time she was younger, “*I don’t want to have any kids*” [*laughs*]. She doesn’t want them and that’s perfectly fine.

**Interviewer**: Absolutely. Do you see her having a partner? Like a family of two?

**Interviewee:** Maybe.

**Interviewer**: Maybe?

**Interviewee:** Depends if the right person comes along, so we’ll have just to wait and see. You know, she’s not counting on it right now so I guess we’re not counting on it right now.

**Interviewer**: That’s a really good way to see it. And then you talked about, you see like her living at home or living out?

**Interviewee:** Yes, and I will give her that choice. Whatever she feels most comfortable with.

**Interviewer**: Yeah, if she were to live outside your home, do you see her with like roommates, do you see her in a group home?

**Interviewee:** I see her with roommates.

**Interviewer**: And then, final question, this perspective of like the transition to adulthood meaning like living at home or living outside the home but with responsibilities, how or did your daughter’s sensory sensitivities impact that perspective?

[41:44]

**Interviewee:** It just … just because I don’t know how other people are going to take her and her actions, so she’s very concrete in her thinking and she’s very blunt in speaking, so a lot of people don’t know how to deal with that. So, you know, we’d have to, you know, maybe, you know, soften her up a little bit on how to, what is socially acceptable.

**Interviewer**: And so less sort of sensory, that seems more like her …

**Interviewee:** Yes, the sensory she’s just done that on her own.

**Interviewer**: Got you.

**Interviewee:** Which is good, because you can’t walk around like this … all the time, you know, so she’s really, she’s really adjusted herself quite well.

**Interviewer**: That’s wonderful. And it doesn’t really sound like it’s impacted your perspective of her?

**Interviewee:** No, no, no, when it comes to her as well, you know, I … whatever goal they set for themselves I will do my best to help them attain that goal.

**Interviewer**: That’s wonderful. So that was actually it for my formal questions for you. We went through it real fast today.

**Interviewee:** Awesome.

**Interviewer**: Would you like to add anything else?

[43:01]

**Interviewee:** No, but you know what, I’m going to keep your email and I will keep in touch with you, kind of to let you know how they’re going, especially after they graduate. You know, to kind of let you know what’s going on with them and even after how life is, when they graduate and they are adults.

**Interviewer**: I’d love that, thank you.

**Interviewee:** Yes.

**Interviewer**: Excellent. Do you know anyone else who might want to be part of the study by any chance?

**Interviewee:** Wait, I’m thinking about it, let me check with a couple of people. I have a couple of friends that are, the kids are in the class, in their class, so I will send them a message and I’ll see if they want to be part of the …

**Interviewer**: That would be wonderful.

**Interviewee:** It absolutely will.

**Interviewer**: Excellent.

**Interviewee:** Because I know that will help you all.

**Interviewer**: It will yes, that would be so wonderful. Two tiny questions, like not really related to this interview.

**Interviewee:** Sure.

**Interviewer**: I’m looking at your demo form, do you know how many hours a day you spend with you daughter, about?

**Interviewee:** I’d say about six.

**Interviewer**: Ok. And then you indicated that she only has one sibling but I know from the other forms she has … ok, well I’ll add that to make it matching.

**Interviewee:** Ok thank you [*laughs*].

**Interviewer**: No, I assumed it was just a mistake.

**Interviewee:** It was, it was, yes, you know, because I was just thinking about a sibling for the study.

**Interviewer**: Oh, yeah, no, that makes sense.

**Interviewee:** There is one other, yes.

**Interviewer**: Absolutely. And then I know last time you wanted to see the sensory report for your son, would you like to see it for your daughter too?

[44:45]

**Interviewee:** Yes, please, I would be so interested to see that.

**Interviewer**: Do you want any of the other forms? Would that be helpful?

**Interviewee:** No, but that will definitely come in handy, I will print that off and put that in their like little file.

**Interviewer**: Yeah, I can give that to you no problem. Did you get the other one ok?

**Interviewee:** Yes, I did.

**Interviewer**: Ok excellent, awesome. So this has been so wonderful, thank you for your time and your insight.

**Interviewee:** Thank you for including us in the study, it’s been great.

**Interviewer**: My pleasure.

**Interviewee:** This has been the best study by far that I have done and I have done quite a few [*laughs*].

**Interviewer**: Great, thanks, that makes me feel great! Highlight of my day hearing that!

**Interviewee:** Absolutely, absolutely.

**Interviewer**: Awesome, well as soon as this video renders I will send you an email, it will have a big thank you and a gift card from us.

**Interviewee:** Sure.

**Interviewer**: And it will include that final report for you.

**Interviewee:** Awesome, thank you Rachel.

**Interviewer**: Thank you, if you need anything in the future please reach out, you know where to find me.

**Interviewee:** I absolutely will and you know where to find me as well, any time, ok?

**Interviewer**: I do, best of luck on your recovery and your other surgery.

**Interviewee:** Thank you [*laughs*]. Take care, bye.

**Interviewer**: Take care, bye.

**[End of transcript]**