"THE BRIGHT LIGHTS IN HOSPITAL WERE OVERWHELMING" Jamie
"IT SMELT VERY STRONGLY OF CHLORINE + CLEANING FLUID + BLEACH" @AutisticPB
THE NOISE HAS A MASSIVE IMPACT

*Echoing footsteps.

buzz

buzz
Some ways to help self-regulation within the sensory environment.

- Hats + caps
- Sunglasses
- Noise Cancelling Headphones
- Leaning on walls, crossing legs, weighted blankets/backsacks.
Have an information pack on arrival for those who need it.

Photos of staff

Map of buildings

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- Timetables for individuals.
"How are you feeling today?"

"Where does it hurt?"

"I don't know"

Interoception
Proprioception.

Move chair to table without bumping into table.

Vestibular

Wobbles