

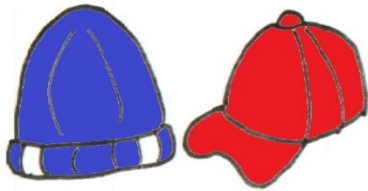
"THE BRIGHT LIGHTS IN HOSPITAL WERE OVERWHELMING" Jamie





THE NOISE HAS A MASSIVE IMPACT Jamie

Some ways to help self regulation
within the sensory environment.



Hats + caps



Sunglasses

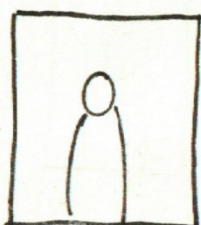
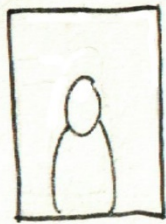


Noise Cancelling
Head phones

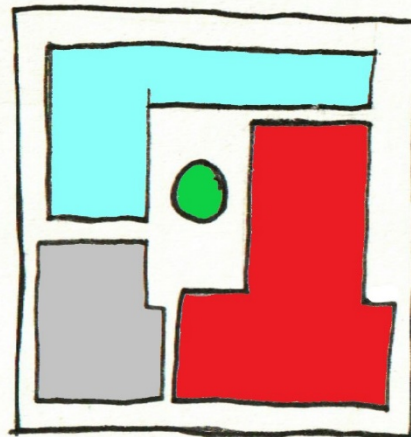


Leaning on walls, crossing legs,
weighted blankets / back packs.

Have an information pack on arrival for those who need it.



Photos of staff



Map of buildings

TIMES	MON	TUES	WED	THUR	FRI
8-9					
9-10					
10-11					
11-12					
12-1					
1-2					
2-3					

— Timetables for individuals.

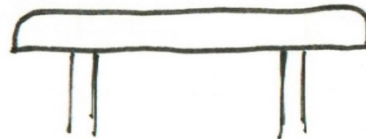


Interoception

Proprioception.



Move chair
to table without
bumping into
table.



*Wobbles

Vestibular