

LOW SENSORY SESSIONS

TIPS AND INFORMATION



Autism is a neurodevelopmental condition that affects cognitive, sensory, and social processing, changing the way people see the world and interact with others.

Many autistic people may experience sensory differences, including sensory sensitivity or overload when there are many sensory factors in the environment. This is why quiet hours or low sensory sessions can be beneficial. .



Lighting: Can lights be dimmed or turned off (while maintaining safety)?

Sound: Minimise sound including background music, cash registers, any beeping or other background noise

Visual stimulation: Too much to take in all at once can be overwhelming. consider how to simplify the visual environment

Clear pathways: Clear signage, including obvious exits

Breakout spaces: Is it possible to have a separate quiet space if someone becomes overwhelmed?

Limited numbers: Consider limiting guest/client/customer numbers during the low sensory session

Sensory kits: Consider providing sensory tools such as earmuffs, noise-cancelling headphones, fidget equipment and Social Stories, as appropriate

Training: Ensure that staff members have a good understanding of autism, sensory needs and appropriate responses

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How can we help?

Autism NZ can provide further training, guidance and support as you prepare for your low sensory event. Find your local branch at www.autismnz.org.nz