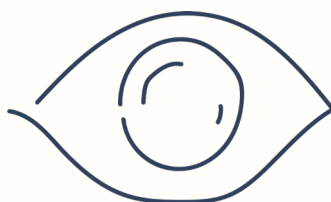


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**Sensory Audit Guidelines**  
*Creating Sensory Accessible Spaces*



# About this audit.

This free sensory audit resource has been designed to help people and/or organisations assess and create an environment that is friendly to those with sensory sensitivities, such as people with autism.

## **Why should I audit my school, workplace, event (etc.)?**

Conducting an audit will allow you to assess aspects of the environment which may be prohibiting participation for those with sensory sensitivities. People with sensory sensitivities can experience distress, anxiety, and even pain if their environment contains a sensory trigger.

If someone experiences sensory overload at your school or workplace, they are likely to find it difficult to perform at their given task or role. Likewise, if your event has caused sensory overload in the past or looks like it may be a source of distress, those with sensitivities are unlikely to participate.

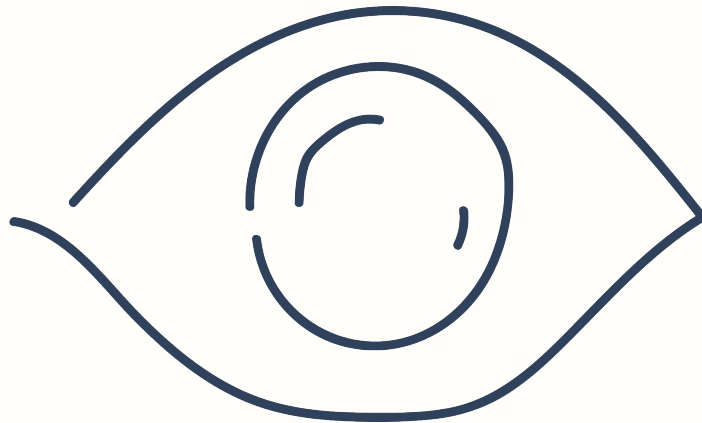
It is super simple to complete a sensory audit, yet this process is typically overlooked. Please take the time to complete this audit as it may make a world of difference for those affected.

This guide does not cover every sensory aspect, but provides key pointers and ideas for ways in which a setting could be modified to make it more accessible.

We recommend you print and laminate this resource so that you can use it multiple times.

*Resource devised by Tycho Vandenburg for Mind Over Manner Limited, and made possible by the generosity of the Lindsay Foundation.*

# Visual considerations.



Best Practice	Current Situation	Actions Needed
<p>Lighting</p> <ul style="list-style-type: none"><li>• Ensure there are no flickering lights.</li><li>• Distracting shadows/ light patterns are minimised.</li><li>• Objects which produce glare or reflections are removed or minimised.</li><li>• Minimise exposure to fluorescent lighting.</li><li>• Access to a low/dimly lit space is available.</li></ul> <p>Spatial Design</p> <ul style="list-style-type: none"><li>• Busy or cluttered wall displays are minimised.</li><li>• Limited use of distracting patterns and/or colours.</li><li>• Access to a neutral and tidy space is made available.</li></ul>		

# Noise considerations.



Best Practice	Current Situation	Actions Needed
<p>Noise &amp; Sound</p> <ul style="list-style-type: none"><li>• The space is carpeted to reduce movement sounds.</li><li>• The space is modified to lessen echo sounds.</li><li>• Electronic equipment is turned off when not in use to avoid electrical buzz/hum.</li><li>• The space is sound-proofed to minimise external noises (e.g., vehicle traffic).</li><li>• Fluorescent lights are replaced or fixed when they become noisy.</li><li>• A warning is given if a loud or sudden noise will occur (e.g., alarms).</li><li>• Signage advising appropriate noise levels.</li><li>• Access to a quiet room is made available.</li></ul>		

# Touch considerations.



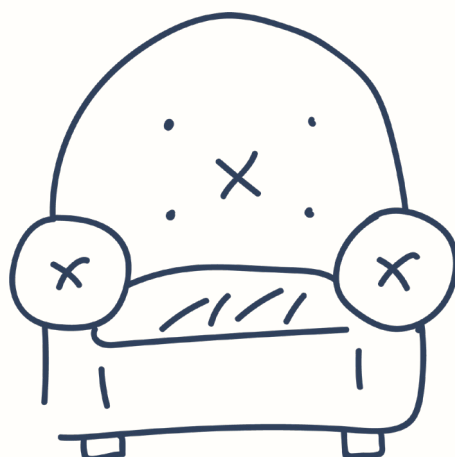
Best Practice	Current Situation	Actions Needed
<p>Clothing/uniform</p> <ul style="list-style-type: none"><li>• Avoid uncomfortable seams, itchy fabric, and heavy or inflexible fabric.</li><li>• Alternative clothing or uniform options are easily accessible.</li></ul> <p>Seating</p> <ul style="list-style-type: none"><li>• Hard chairs have optional padding to reduce discomfort.</li><li>• Rug or fabric squares available to cover hard floors or uncomfortable carpets.</li></ul> <p>Provisions</p> <ul style="list-style-type: none"><li>• Allow use of electronic typing device when hand writing is uncomfortable.</li><li>• Signage advising appropriate contact between people (e.g., ask before hugging).</li></ul>		

# Smell & taste considerations.



Best Practice	Current Situation	Actions Needed
<p>Smell</p> <ul style="list-style-type: none"><li>• Smells from cleaning chemicals, paint, deodorisers and similar materials are minimised.</li><li>• Use of strong perfumes, deoderants, or personal care items minimised.</li><li>• Smell from amenities (e.g., kitchen, toilet) are contained.</li><li>• Option to leave space or wear mask if smell becomes uncomfortable.</li></ul>		
<p>Taste</p> <ul style="list-style-type: none"><li>• Neutral tasting food available (e.g., low spice).</li><li>• Option to provide own meals in group eating or sharing situations.</li></ul>		

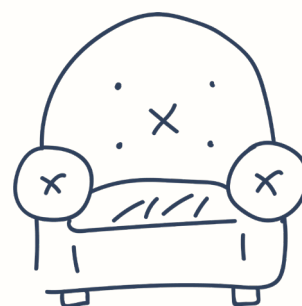
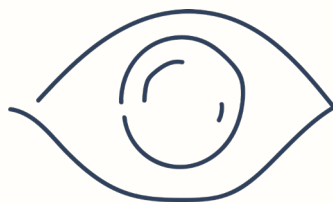
# General considerations.



Best Practice	Current Situation	Actions Needed
<ul style="list-style-type: none"><li>• It is clearly communicated that you are willing to make arrangements to cater for sensory sensitivities.</li><li>• A low stimulation space (e.g., quiet room) is provided for relax and reset - to allow for prevention and/or recovery from sensory overload.</li><li>• Staff, audience, and/or participants are made aware of sensory sensitivities.</li><li>• Sensory sensitivities are normalised rather than pathologised.</li><li>• Support is available for those who experience sensory overload and/or distress.</li></ul>		

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*Mind Over Manner is supported by:*

