

Sensory Friendly Experiences for Guests: An adaptable and practical guide for every site



Presentation Content

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Who we are

Art Possible Ohio is the statewide service organization on the arts and disability. We work with artists of all ages who have disabilities to make arts and cultural experiences more accessible and inclusive. Together we make art possible.



ART POSSIBLE OHIO
MAKING CREATIVITY ACCESSIBLE



Megan Fitze, Executive Director

We believe:


- People are disabled by design
- Social vs. Medical Model
- Understanding intersectionality is key
- Disability exists on a spectrum
- Access is an aesthetic, not an afterthought





TOP 10 THINGS

I wish people knew about CP.

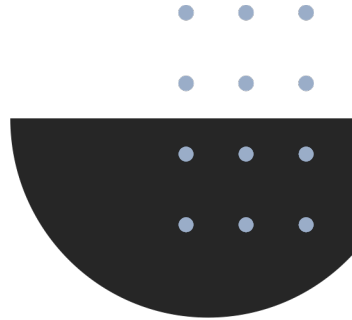
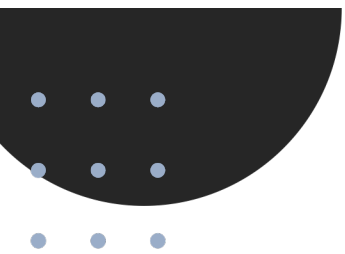


What are Sensory Disorders? →

Neurological disorders that effect the brain's way of processing the world through any of the five senses; aka sensory experiences

3 Categories of Sensory Disorders. →

1. Sensory Over-Responsivity
 2. Sensory Under-Responsivity
 3. Sensory Craving
- 





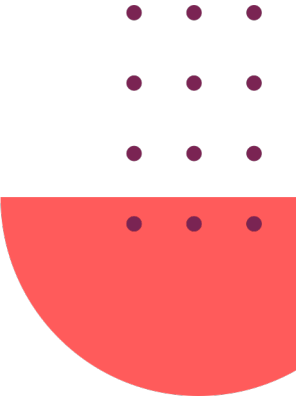
PAUSE:

Why should we provide sensory-friendly experiences to our guests?



Spaces, Events, Exhibits, and Policies



- Signage
 - Marketing
 - Sensory rooms
 - Tools
- 





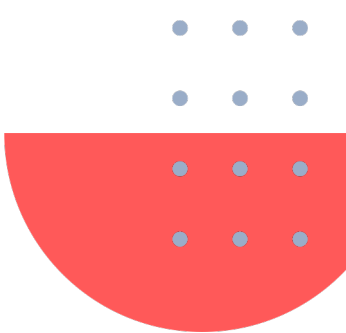
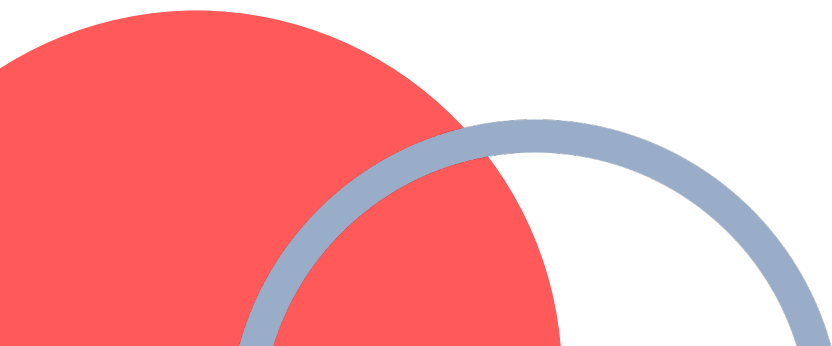
Don't create accessible opportunities,
make all opportunities accessible.



Sensory-Friendly Spaces, Events, and Exhibitions

1. Do a walk-through audit of your space. Consider what could be overstimulating:

- Lighting
- Clutter
- Sound
- Smell
- Texture

- Tight spaces
 - Shiny objects
 - Lack of exits
 - Lack of seating
 - Too many options
 - Other?
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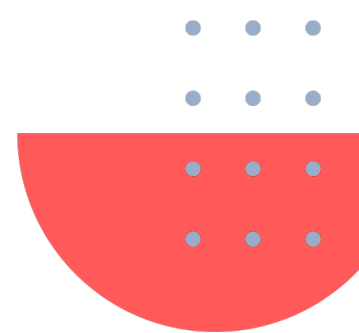


Sensory-Friendly Spaces

1. Do a walk-through audit of your space. Consider what could be under-stimulating or challenging? Consider the following questions:

- What am I allowed to touch?
- How can I move my body?
- What can I take with me?

- Can I be loud in here?
- Why is it so quiet?
- Where am I allowed to go?



Tools & Sensory Kits

Sensory materials are great tools for over AND under-stimulated individuals.

- Sunglasses
- Fidget Spinners or Stimulation toys (Stim toys)
- Calming cards: Cards with calming tools, such as yoga Poses or breathing exercises.
- Noise-cancelling headphones
- Social/emotional cards
- Visual timers
- Textured cards: Cards with various textures glued onto them





Make Your Own Sensory Tool or Stim Toy

1. What can you make that someone might carry with them while they enjoy your space or program? How will it calm or stimulate them?
 - This object needs to be something the individual can carry with them.
2. What can you make that someone can engage with while they enjoy your exhibit or space? How will it calm or stimulate them?
 - This object needs to be something that will stay with the exhibit or space, yet it enhances the exhibit through a sense.

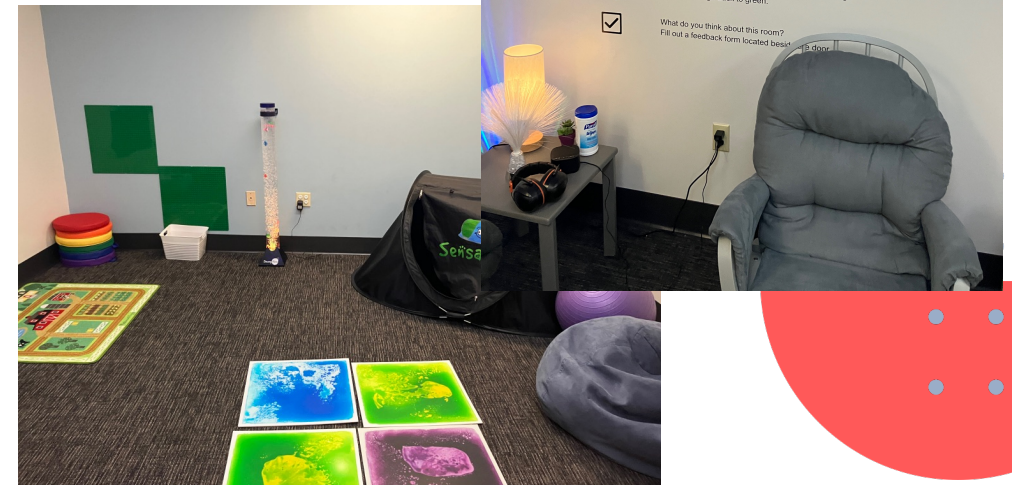


Offer a sensory room/quiet space

Sensory Room/Quiet Space elements

- Sound machines with multiple settings
- Different modes of sitting, soft chair, beanbag, hard surface,
- Eye covering like a sleep mask
- Soft lighting, a lamp or covered fluorescents, dimmer lights
- Cooling/heating mechanisms if outside (fan/heater)
- Water and snacks
- Fidget toys
- Timer
- Hand sanitizer + wipes

[Check out the Massillon Museum 3-D Tour!](#)



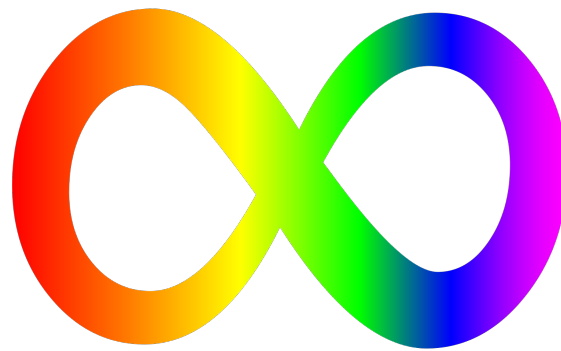
Sensory Signage & Marketing

CAUTION
THIS SHOW
MAY NOT BE SAFE FOR SOME
PEOPLE WITH EPILEPSY.



Some lighting is used at this show
that may be disruptive to people
who are sensitive to light.

for more information please visit:
LEADDIY.org



Inviting Marketing

- Creating inviting spaces/programs include
 - Marketing that includes statements on inclusion
 - Images of people with disabilities at events/space
 - Request for accommodations including sensory needs
 - Accommodations checklist
 - Sharing accommodations provided (listed or icons)
 - Screen-ready friendly invite process

I will need the following accommodations in order to participate:

- Assistive listening device
- Captioning
- Reserved front row seat
- Large print
- Advance copy of slides to be projected
- Wheelchair access
- Wheelchair access to working tables throughout room
- Scent-free room
- Lactation room
- Gender neutral bathroom
- Diet Restrictions. List: _____
- Other: _____



Sensory Friendly Programs

Can you offer this program more than once with sensory friendly options?

Can you allow support staff to attend events free?

- Touch
 - Move objects further apart, including seating, artifacts, tables, etc.
 - Provide sensory toys for folks to hold during event
- Smell
 - Ban perfumes/colognes, remove event-related activities such as fires, cooking demonstrations with foods and strong smells from event
- Sound
 - Turn off background music, remove any startling sounds such as bells, horns, or even gunshots.
 - Offer sound-cancelling headphones

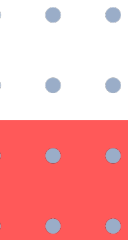


Image by Elisa
from Pixaby



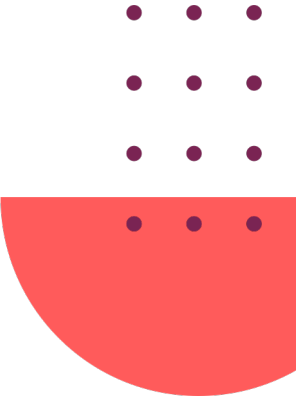
Pause:

1. Is your space or are your spaces sensory-friendly?
2. What are you doing well?
3. What could you improve on?





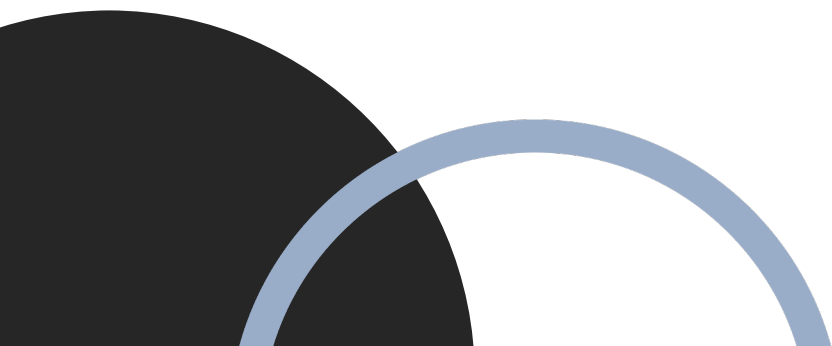
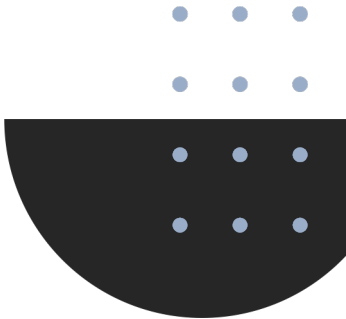
Hot Takes

- Partner
 - More marketing
 - Research
 - Baby steps
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Community Connections

People with disabilities make up 20% of the world population

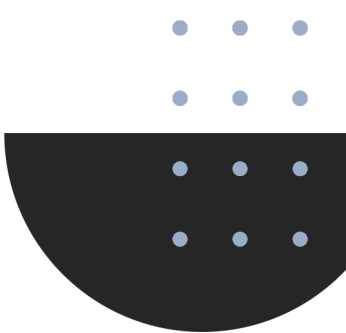
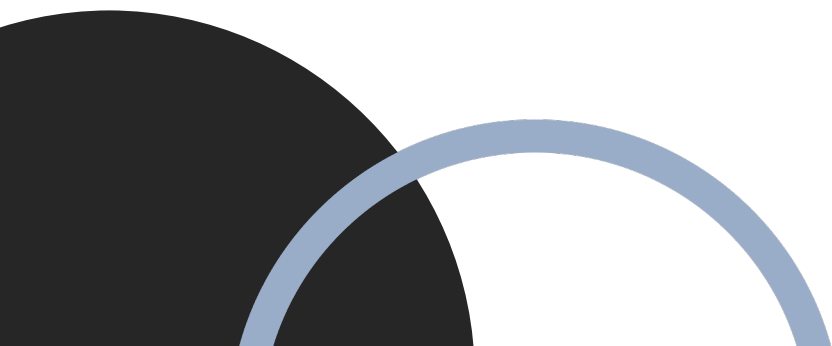
- Partner with disability organizations/community groups
 - Highlight disability history
 - Use disability imagery in your marketing
 - Create an accessibility statement for your site/organizations
- 
- 



Don't discount folks with disabilities

“The total disposable incomes (post-tax) for working-age individuals with disabilities is nearly \$500 billion.”

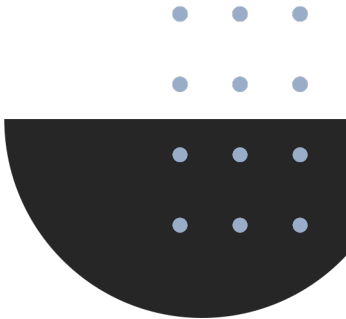
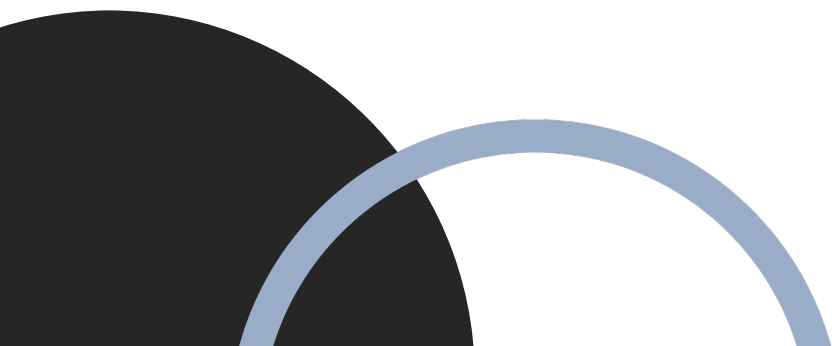
- Hidden Market Spending Power of People with Disabilities, 2018, American Institutes for Research





Policies Matter

Commit to developing policies for sensory friendly options at your organization. Think about the changes you seek at the beginning of the work, not at the end.



Access Centered Approach

Consider these questions:

- Which communities are served, and which aren't? Why?
- Who gets to participate and who doesn't? Why?
- Who has access to resources and support and who doesn't? Why?
- Which voices get heard and which don't? Why?



Pause:

Let's Make Our Kits!





Kit Includes:

- ✓ 1 backpack
- ✓ 1 noise canceling headphones
- ✓ 1 pair of sunglasses
- ✓ 1 marble fidget
- ✓ 1 stress ball
- ✓ 1 fidget spinner
- ✓ 4 cards

"Old myths allege that people with disabilities are a burden on society, and stem from unfounded fears of those who are different. Contrary to those myths, we now know that difference drives innovation. Different lived experiences, from the blind love-letter writer to the deaf scientist, generate the new ideas that lead to discoveries. Companies seeking a competitive advantage should hire people who will bring unique perspectives to the table."



Haben Girma from People with Disabilities Drive Innovation



Pause:

1. What is one change you can implement today?
2. What is one change you dream about?



Accessibility is Everyday

One actionable, everyday change that you can do to increase accessibility and inclusivity in your work.

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