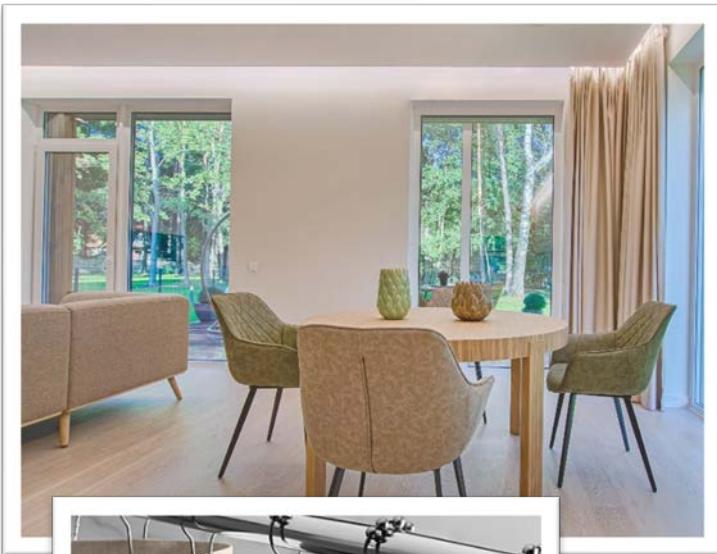


SENSORY Minute

August 2020

Look at the ENVIRONMENT



- Be aware that the environment may be overstimulating for some individuals.
- Use a plain burlap or neutral backgrounds for window coverings, tablecloths, shower curtains, sheets and other fabric decor.
- Cover shelves with fabric of a single color.
- Consider removing items hanging from the ceiling as they can cause fight-or-flight responses in some individuals.
- Be aware of strobe effects sometimes caused by ceiling fans or lights.
- Be considerate to those affected by scents. Use unscented detergents, cleaning supplies, skin/haircare items, and air fresheners.