

Essential Information to Know When Creating an Autism-Friendly

E N V I R O N M E N T

- 01 People on the autism spectrum **experience life very differently** from others.
- 02 An autism-friendly environment should **reduce the negative effects and enhance the positivity of sensory differences**.
- 03 **People with autism can be hypersensitive or hyposensitive**, requiring more or less stimulus at times.
- 04 **Fluorescent lighting can be distracting** and debilitating for some autistic people.
- 05 Darkness is **essential** for treating sleep problems.
- 06 Different colors have different effects on people with autism. **Green is restful, light blue aids concentration, yellow and red are stimulating.**
- 07 **Clutter can cause overstimulation** for some people with autism.
- 08 **Patterned fabrics can be distressing and overwhelming** to some people living with autism.
- 09 Autistic people can hear sounds many decibels above those others can hear. **Sound intensive can be deafening.**
- 10 Some autistic people **find touch distressing** unless they are in control of it.
- 11 Some hyposensitive people **need additional stimulation** to feel.
- 12 **Smells can cause extreme nausea** in some autistic people.
- 13 **Distaste** for a particular food can be caused by the texture or appearance of the food, rather than the taste.
- 14 Some autistic people rock, balance, and swing to help gain a sense of self. **Too much space can cause anxiety and disorientation.**
- 15 Many autistic people **need space around them** and cannot handle clutter and crowds, including narrow corridors and passageways.
- 16 **Ask yourself** if the space will be used by individuals or groups, and is the space transitional?
- 17 Pay attention to all seven senses: **hearing, sight, taste, smell, proprioceptive, touch, and vestibular.**

