



Neurodiverse
Connection



Supporting autistic flourishing at home and beyond:

**Considering and meeting
the sensory needs of
autistic people in housing.**



SENSORY & SOCIAL PROCESSING DIFFERENCE

If I'm fighting sensory input, I don't have processing space to deal with anything else. I can't filter it out. Sensory input really matters. Not being able to adapt an environment means that I have sensory input that increases my stress levels.

— Marion





VISION & LIGHTING

A home with variable lighting is a major factor for me, being so light sensitive, I can go into shutdown if exposed to too much artificial light. This renders me almost catatonic and unable to speak in a great deal of pain.

— Carly





NOISE

I rented a flat and was kept awake by a humming electrical noise. It was a quiet new build flat, in a quiet environment. The noise was coming from inside the wall. After a while, I realised that on the other side of the wall, in the bathroom, I had an electric toothbrush plugged in. The noise of the electricity was keeping me awake at night.

— Cos





OTHER PEOPLE

Sensory-wise, shared accommodation made such a huge negative impact on my mental and physical health.

— Carly





OVERWHELM & REGULATION

There is often a lack of understanding into why things are occurring. People are going to express their extreme distress and sensory overload. It just spirals and spirals until someone is in a severe crisis. Getting the sensory environment right can make a huge difference.

— Damian





TOP TIPS

1. **Read the full report**
2. **Involve autistic people in reviewing the sensory environment**
3. **Aim for a neutral, calm, quiet environment and approach**
4. **Consider all environments**
(school, home, work, hospital, supermarkets, social spaces)
5. **Remember, it's cumulative and processing may be delayed**





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Thank you

Links and further information
www.ndconnection.co.uk

