





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

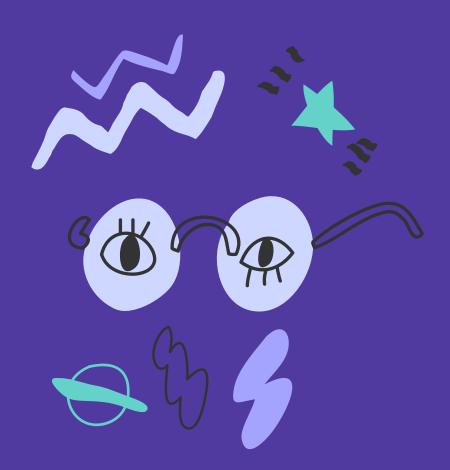




VISION & LIGHTING

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





Thank you

Links and further information www.ndconnection.co.uk

