



IRELAND'S **AUTISM** CHARITY

Quiet Space Guide



Sensory Friendly Quiet Spaces

For individuals with Sensory Processing Differences, an allocated 'Quiet Space' can make their experience within your environment a more positive one, knowing they can have use of a sensory friendly space within the setting.

A 'Quiet Space' is a calm, relaxing environment a customer can access when their surroundings are overstimulating.

Below is a How to Guide on how to successfully achieve a 'Quiet Space'.

- Choose a space that is easily accessible from the main environment. If a person is overstimulated, having to look for or walk a long distance to a calmer environment may cause anxiety or further stimulation.
- If possible, try to have a space that is separate from the main area of foot traffic, such as a room with a door that can be closed or left open. Some autistic people may still like to see their full surroundings while regulating their sensory integration.
- Make sure the 'Quiet Space' is well signposted, through signs within the environment, on the door and arrows indicating the direction it is in. If the 'Quiet Space' is a room, it may also be useful to have a two-sided flip sign on the door handle, stating when the room is in use. Some individuals may not wish to use it if someone else is in it.

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In a 'Quiet Space', the following areas should be considered;

- Movement Providing an exercise ball, a small trampoline, a sit 'n' spin, a rocking chair, or swing chair
- Lighting Access to a source of natural light is preferable, but in its absence a dimmer switch would be beneficial.
- A retractable black out blind over any window is ideal for those who require less light input, with an option of alternative calming light sources (lava lamp, fibre optic, fairy lights)
- Tactile Providing a beanbag or pillows/cushions, making sensory or stimming toys available (Please see our Fidget Guide)
- Sound Availability of ear defenders or noise cancelling headphones, and/or an iPod with calming/soothing music which can be chosen and controlled by the user.
- Thank you for choosing to implement a 'Quiet Space'. Should you have any queries about putting any of the above into practice, please contact support@AsIAm.ie



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