

Tips for Creating Neuroinclusive Spaces That Support Participation

We made a list of ideas and tips shared by Neurodivergent people for creating neuroinclusive spaces that foster participation and inclusion.

It can be a starting point for designing, building, or renovating spaces. It can also be used for hosting activities and gatherings.

Try incorporating some of these tips:

1

Offer alternatives to verbal participation.

Virtual chat features, sticky notes, and art-based options like drawing, painting, or music are options that are inclusive of diverse communication and participation styles.

2

Before the event or gathering, share written and visual agendas.

People can review information beforehand and know what to expect.

3

Plan for various sensory needs.

Creating sensory zones within a space or activity provides choice.

Remember to include options for sensory seekers too.

4

Share walkthrough videos and photos of the space.

People can navigate the space with more familiarity when they arrive.

5

Invite people to unmask and show up as their authentic selves.

People appreciate it when the aim is to make safer spaces where everyone is welcome.

6

Discuss and post visible guidelines or “ground rules”.

This reduces the pressure to navigate and interpret unspoken expectations and social norms.

Ask Neurodivergent people what helps them feel supported and like they belong. They are the experts of their own experiences, and their feedback is valuable. The key is to create a space where they feel safe sharing honestly.