

Modifying Spaces for Sensory Needs

We learned that small changes to a space can go a long way in making it more inclusive. Being mindful of different sensory needs and recognizing that these can change from day to day is an important part of accessibility. There are many ways to adjust a space to feel more calming or more engaging. Below, we've created a short "menu" of options to explore.

The most important strategy shared with us was to try different things and figure out what aligns with preferences and the unique environment.

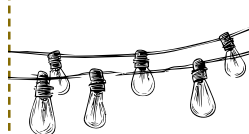
Light: Change the type of lighting, brightness, or colour.



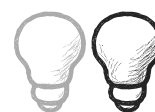
Motion sensing



Colour LED



String light



Dimmable light



Double layer curtain



Blackout curtain



Bubble tube light



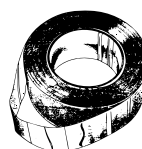
Wall light



Table lamp



Sunglasses

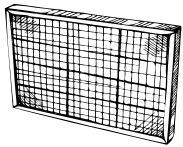


Black tape seal around windows



Cardboard over windows

Sound: Use technology or do-it-yourself options to dampen or increase acoustics in your home



Foam Panels



Static sound makers



Noise-cancelling headphones



Wooden wall panels



Headphones for music



Earplugs



Wall tapestries



Noise machines



Live plant wall

Motion: Find fixtures that can give a sense of movement



Sensory ball



Rocking chair



Indoor or outdoor swing

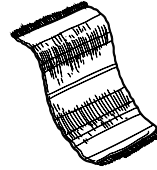
Temperature: Use technology or do-it-yourself options to set up temperature-controlled zones in the home



Smart thermostat



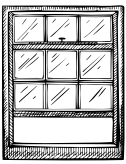
Portable fan



Extra throws or blankets



Heated pads or blankets



Plastic wrap over windows

Touch: Put in a variety of textured elements in the home



Plush blankets



Textured pillows



Weighted blanket



Textured rugs



Humidifier or dehumidifier



Adjustable shower nozzles



Beanbag chair