

HOW TO MAKE VACCINATION SENSORY-FRIENDLY

A Guide For Hospitals and Clinics



1. PROVIDE SENSORY-FRIENDLY HOURS

For some Autistic people, providing specific hours can help them feel more comfortable and welcome.



2. PROVIDE LESS CROWDED AREAS OR QUIET SPACES

Some people with autism are more comfortable in spaces that are less crowded or quieter.



3. REDUCE BRIGHT LIGHTS

Some people have such great sensitivity to light it may feel painful or they be easily distracted by the lights.



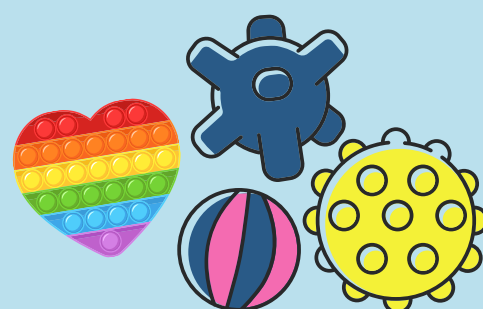
4. WELCOME CAREGIVERS

Many Autistic people feel more comfortable being with a family member or caregivers during the vaccination.



5. PROVIDE SENSORY BAGS OR TOYS

Many people with sensory needs like something to touch or hold while taking their shot. It can help reduce anxiety or stress by having something to play with or use.



6. PROVIDE CLEAR AND PRECISE INSTRUCTIONS

Many people with disabilities prefer clear and precise instructions and answers. Excess details can be overwhelming!



7. PROVIDE ACCESSIBLE AREAS

Some people with disabilities may need or prefer a bigger space to move around, including examination rooms and restrooms.



ADDITIONAL TIPS

- Provide social stories or pre-visit guides so families can anticipate the day.
- Ask for feedback for your sensory friendly services.

