



AUTISM SOCIETY OF MINNESOTA
— Autistic Community Summit —

Autistic and Sensory Friendly Spaces

This resource was created by a group of autistics working together at the 2022 Autistic Community Summit.

Local Spaces That Autistics Have Found Supportive

- **Walker Art Center:** Sensory Friendly Sunday mornings. <https://walkerart.org/visit/sensory-friendly-sundays>
- **Science Museum of Minnesota:** Sensory Friendly Sundays. <https://new.smm.org/visit/sensory-friendly-sundays>
- **Minnesota Wild:** <https://www.xcelenergycenter.com/guest-services/accessibility-ada-services>
- **Minnesota Twins:** <https://www.mlb.com/twins/ballpark/uhc-sensory-suite>
- **The Guthrie Theatre:** Relaxed performances <https://www.guthrietheater.org/relaxed>
- **The Artistry:** <https://artistrymn.org/>
- **The Shake Shack** in Edina (66th and France) donates to AuSM during the month of April and takes sensory needs into consideration for guests
- **Minnesota Orchestra:** Sensory friendly concerts <https://www.minnesotaorchestra.org/community-education/educators-families/concerts/relaxed-family-sensory-friendly-concerts/>
- **Mill City Museum:** <https://www.mnhs.org/millcity/visit/accessibility>

Helpful Resources

- **Melissa Stricklin**
 - Anti-Ableist Workshops geared toward Mental Health Professionals
 - Continuing education training resources
 - www.anti-ableist.com
- **www.Askjan.org**
 - Job accommodation network for many different disabilities
 - Finding specific accommodations for work or school
- **Demystifying Disability by Emily Ladau**
 - Book Recommendation
 - Introduction on how to be an ally

What are some characteristics of a space that feels inclusive to you?

- Ability to buy out a space to make it quiet/sensory friendly
- Ability to take a break
- Space where sounds can be dampened
- Lighting can be set low for those who need it
- Make it clear that people can bring a support person
- Self checkout at stores that is always open
- Accommodate service animals; dog bowl for dogs etc
- Use Atkinson Hyperlegible font for accessibility: <https://brailleinstitute.org/freetfont>
- Offer Zoom options
 - Keep in mind privacy for presenters who may feel vulnerable, especially when recorded
 - Keep passwords in an easily accessible place for attendees
- Offer sensory friendly hours or events
 - Ideally in community spaces, non-profits, coffee shops etc. and not just large sporting venues
 - Often sensory friendly hours happen early in the morning: offer options that start later
 - Make staff available to talk about what people are there to see and offer guidance
 - Offer options that are targeted towards adults
 - Be clear in your advertising
 - For stores, this can be hours that are intentionally kept less busy
- Create a sensory friendly break area
 - Sensory friendly spaces are often marketed as spaces for children: there should also be spaces geared towards adults
 - Could include weighted blankets, disposable ear plugs (different sizes), low lights, space away from action

Resources for Accessible Technology

- Code for America: <https://brigade.codeforamerica.org/resources/software/slack/>
- Code for All Summit: <https://codeforall.org/summit-2022/>
- Cyberia, Friday night hacker collective in the Twin Cities: <https://cyberia.club/>
- Ask me, I'm an AAC User, a Facebook group with tons of information about AAC. Note especially the 24 hour rule: <https://www.facebook.com/groups/456220758119314/>
- MN NEAT, a group who provide support around assistive technology: Mn-neat.org
- Code for All: <https://codeforall.org/>
- Resources for creating accessible websites: <https://equalizedigital.com>
- Equal Entry, consulting business for accessible technology: <https://equalentry.com/>
- Inclusive Design 24, virtual event celebrating inclusive design: <https://inclusivedesign24.org>



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Learn more at www.ausm.org