**Sensory Considerations**

- Turn lights low, reduce fluorescent lighting when possible.
- Offer deep pressure supports like weighted stuffed animals, shoulder wraps, or lap pads.
- Make a variety of sensory tools available at check in to use throughout the appointment.
- Noise reducing headphones available at check in.
- Bright lighting when possible.
- Spend waiting in separate observation spaces.
- Reduce crowding to eliminate social and visual overwhelm.
- Offer a variety of quiet options when available. (chairs, cushions, beanbags, etc.)
- Play calming videos/music with low volume in available TVs/screens in shared spaces.

**Appointment Preparation**

- Use social narratives to help individuals and families prepare for the appointment.
- Send paperwork ahead of time to reduce time spent waiting at check in.
- Send a reminder email to download resources like:
  - Communication Board
  - Visual Schedules
  - Social Narratives

**Space Considerations**

- Waiting room with sensory tools, activities, visual schedules.
- Private rooms for vaccine administration.
- Plan for an extra vaccination room in case someone needs more time.
- When possible, have separate observation and waiting rooms.
- Two separate observation spaces when possible - one with activities for children and one for older teens and adults.
- Allow movement, exploration, and play.
- Clear signs showing where to go.
- Break space for volunteers, nurses, and others to reduce crowds, and noise in other spaces. Consider providing water, coffee, snacks, etc.

**Injection Tools**

- Buzzy Bee®: A small vibrating bee with blue ice-pack wings. It helps block sharp pain and provides distraction when giving injections or other medical procedures.
- Shotblocker®: A small piece of plastic and the back side of it is covered in short plastic prongs. To use it, press the prong side onto the the arm, leg, or wherever the individual is receiving a shot. The prongs confuse or distract the nerves to avoid feeling the pain of the needle.

**Empower personal choice and individual preferences.**

**Commitment to flexibility, patience, and a calm environment.**

**Consider providing water, coffee, snacks, etc.**

**Plan for extra time, and know it makes a difference!**

**Other Supports & Accommodations**

- Family Support Volunteer - a volunteer trained or experienced in working with those with Autism to help support participants all the way through the process. This person should be prepared with comments from the registration process and able to provide individualized support based on the needs of the participant.
- Support Animals.
- Empower personal choice and individual preferences.
- Commitment to flexibility, patience, and a calm environment.
- Plan for extra time, and know it makes a difference!

**Free Resources**

Visit AutismSociety.org/VEI to download resources like:

- Communication Board
- Visual Schedules
- Social Narratives

**Our National Helpline offers our trained Information & Referral (I&R) Specialists to provide resources to services and supports across the country.**

Call at 800.328.4474 | Email us at VEI@AutismSociety.org | Visit us at AutismSociety.org/VEI

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“My son was very comfortable getting his booster. The quiet rooms and friendly staff were a huge help. We were all very excited that he handled it so well." - Vaccine Education Initiative event participant

“The Autism Society provided a thorough training on accessible vaccination practices and ways to increase inclusivity. Our city and health officials were utilizing the accessible vaccine kits and many lessons learned from today’s session.”

From a Healthcare Training at the NY State Association of City and Health Officials

**Sensory Considerations**

- Offer deep pressure supports like weighted stuffed animals, shoulder wraps, or lap pads.
- Make a variety of sensory tools available at check in to use throughout the appointment.
- Patience and a smile go the extra mile.
- Noise reducing headphones available at check in.

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