



Neuro-Divergent Network

How we can help you feel comfortable at sessions

Reasonable Adjustments are something that by law, you can ask employers, medical professionals and services to make for you. Here are some examples of what we could do to help you feel welcome at our sessions. Or please let us know if anything else would help.

- Communicate with you in whatever way you choose, with information in whatever format suits you
- Send you reminders about sessions if you want
- Send you photos or videos of where the session is
- Wristbands always available to wear or carry - Green for happy to chat. Red for just want to be around people but don't talk to me unless I talk to you first
- Come and meet you somewhere you feel comfortable first. So you can ask questions and we can make plans together to help you settle in. Or have a phone or video chat or message instead
- Introduce you to just one person first who can help you settle in
- Plan a topic of conversation for everyone, like favourite music or food. This can be something you are really interested in to help you chat to people
- Plan how we can help you with any sensory issues or triggers
- Plan ahead for a quiet space you can go to if you need
- You are always welcome to stim, pace, dance, wear headphones, colour in, bring someone with you - whatever makes you feel comfortable.