

## **NEUROMAP SENSORY CHECKLIST**

### **A SELF-ASSESSMENT TOOL FOR AUTISM-FRIENDLY SPACES**



Designed to help businesses and organisations create welcoming, sensory-considerate environments for autistic individuals.



**5-Sense Checklist:**  
Sight, Sound, Touch, Smell, and Taste



**Score Tracker - tick yes**



**Eligibility for the NeuroMap Autism-Friendly Award**

**What's Next →**



# SIGHT

## CREATING VISUALLY CALMING SPACES

Yes

☐

No

☐

Is lighting adjustable (e.g. dimmable, not overly bright or flickering)?

Yes

☐

No

☐

Are harsh fluorescent lights avoided where possible?

Yes

☐

No

☐

Is visual clutter kept to a minimum (e.g., flashing lights, excessive signage)?

Yes

☐

No

☐

Is wayfinding signage easy to read, using clear fonts and layouts?

Yes

☐

No

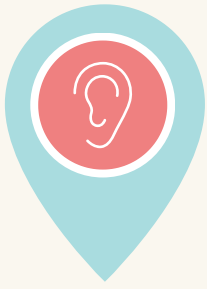
☐

Do you use visual aids or maps to help visitors navigate sensory-friendly zones?

Notes:



### 1. Visual Environment



# SOUND

## MANAGING THE NOISE FOR SENSORY COMFORT

Yes

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No

☐

Is background music lowered, off, or limited during certain times?

Yes

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No

☐

Do you have autism quiet hours or quiet times clearly advertised?

Yes

☐

No

☐

Are hand dryers replaced or supplemented with quieter alternatives (e.g., paper towels)?

Yes

☐

No

☐

Can visitors access ear defenders or noise-reducing headphones if needed?

Yes

☐

No

☐

Are announcements infrequent and delivered in a calm, soft tone?

Notes:



## 2. Auditory Environment



# TOUCH

## COMFORTABLE, TACTILE-FRIENDLY ENVIRONMENTS

Yes

☐

No

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Are there calm, soft-seated rest areas available for breaks?

Yes

☐

No

☐

Are sensory tools available (e.g., fidget toys, weighted cushions)?

Yes

☐

No

☐

Are surfaces, seating, and materials comfortable and non-irritating?

Yes

☐

No

☐

Are tactile distractions (e.g., sticky seats, scratchy textures) avoided?

Yes

☐

No

☐

Do seating areas allow for personal space or reduced crowding?

Notes:



### 3. Tactile Comfort



# SMELL

## MINIMISING OVERPOWERING SCENTS

Yes

☐

No

☐

Are strong smells (e.g., perfumes, cleaning products, food) avoided or limited?

Yes

☐

No

☐

Are scented products used thoughtfully and only in controlled areas?

Yes

☐

No

☐

Is ventilation good, helping to reduce lingering odours?

Yes

☐

No

☐

Are unscented hygiene and cleaning products available where possible?

Yes

☐

No

☐

Are high-smell zones (e.g., kitchens) clearly separated or marked?

Notes:





# TASTE

## INCLUSIVE EATING & BREAK AREAS

Yes

☐

No

☐

Are visitors allowed to bring their own food and drink if needed?

Yes

☐

No

☐

Are there quiet, calm areas available for eating and breaks?

Yes

☐

No

☐

Are allergy-friendly and mild food options available?

Yes

☐

No

☐

Is food-related info (e.g., menus, ingredients) clearly displayed or available online?

Yes

☐

No

☐

Are there photos or visual examples of food and drink options available to help with decision-making?

Notes:



# YOUR DONE

## WHAT'S NEXT?

Yes



Count Your “Yes” Responses

Tally how many items you’ve ticked across all five senses.



Scored 12 or more “yes” answers?

You may be eligible for the NeuroMap Autism-Friendly Award: a sticker or digital badge to proudly display in your space!

## WHY IT MATTERS

Making your space more accessible to autistic individuals isn’t just about ticking boxes — it’s about showing that your organisation welcomes everyone with understanding, flexibility, and care.

## GET IN TOUCH

If you’ve scored 60% or more, or you're on your way and want support:

✉ Email us your score or a completed version of this checklist  
to: [neuromapleeds@gmail.com](mailto:neuromapleeds@gmail.com)

✎ Include: Your organisation’s name, Contact person, Short note (optional) about your accessibility journey or goals

## LET'S KEEP THE CONVERSATION GOING

Want more advice, support, or help creating an inclusive experience for autistic individuals?

Check out our Accessible Environments page for practical tips and resources.

🔗 Visit our website: <http://me21tg.leedsnewmedia.net/wordpress/accessibility-tips/>

**THANK YOU FOR TAKING THE TIME TO REFLECT,  
ASSESS, AND CREATE A MORE INCLUSIVE SPACE.**