

Top tips on how to create a more sensory-friendly supermarket experience

Making these simple changes should make your supermarket a more relaxing environment for autistic people, both customers and your colleagues.



Things all staff can do:

<p>What</p>	<p>Learn about autism and sensory processing differences (the Sensory Supermarket e-guide is a great start!).</p>	<p>Keep an eye out for people in distress and offer support, but give them plenty of space.</p>	<p>Be aware of the Sunflower Lanyard and <u>similar schemes</u>.</p>
<p>Why</p>	<p>Autistic people may find supermarkets overwhelming and might need your support.</p>	<p>Autistic people may need support to access a quiet space to recover inside or outside the store.</p>	<p>You will know who might need extra support for communication or more time and space.</p>



Things managers can do:

<p>What</p>	<p>Provide store maps showing layout and areas where there is high and low sensory input.</p>	<p>Provide more frequent and convenient quiet hours, with lower lighting and less sound.</p>	<p>Provide training for your managers and staff on autism and sensory processing differences.</p>
<p>Why</p>	<p>This will reduce uncertainty for autistic people and help them to plan their visit.</p>	<p>This will reduce sensory input at times that work for a wide range of autistic shoppers.</p>	<p>This will increase understanding and the support available for autistic shoppers.</p>



For more information please refer to our Sensory Supermarket e-guide
 Further resources available: www.sensorystreet.uk