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PATCH'S LIFE OF ADVENTURES

In a world where
anything's possible

In this issue: autism, fashion, employment, sex, travel, what's on and more!

Spectrum Support is calling for Australian retailers to introduce a weekly Sensory Day on Tuesdays so people with autism can shop in a more relaxed environment.

Kathrine with her three children.

CALLS FOR A SENSORY DAY

Simple changes such as dimming lights and turning down in-store music will help improve the shopping experience and reduce sensory overload.

Spectrum Support founder and chief executive officer Kathrine Peereboom is encouraging retailers to get involved.

"Many stores have already implemented a Quiet Hour on Tuesdays however I believe it would more ideal if an entire day was dedicated to improving the sensory experience for shoppers," Kathrine said.

"Shops are typically chaotic, loud and bright — all things that people with autism typically avoid. If there was

an entire day in which the shops toned down their usual sensory overload, people with autism would suddenly feel welcome to do the things that everybody else takes for granted.

"We thought Tuesday would be a good day because it is not typically a shop's busiest trading day, which is good for people with autism."

Kathrine, who has three children on the autism spectrum, said parents of children with autism would especially benefit from a Sensory Day.

"As a parent of children with autism myself, I can tell you that parents are constantly looking for activities for their children to participate in," she said.

"People with autism find loud and chaotic environments extremely intimidating.

"If we knew that every Tuesday, the major shopping centres will create a more welcoming environment for our kids, we would probably go every week."

Introducing a Sensory Day would not just benefit people with autism.

"A Sensory Day would benefit people with ADD, Aspergers, epilepsy, ADHD and schizophrenia," she said.

"When you add them all up, it's a significant portion of the Australian population that could benefit."

www.spectrumsupport.org