



MOTHER MATTERS

The right of women with disabilities to motherhood

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INFORMATIVE PILLS

Informative pills provide brief explanations related to disability studies, accessibility for healthcare professionals, and motherhood for women with disabilities. They are based on a microlearning approach, a learning methodology that divides content into short units focused on a single topic or skill.

- ACCESSIBILITY -

Sensorial

What does sensorial accessibility mean?

Sensory processing difficulties may cause people to experience severe discomfort to loud noises, bright lights, strong smells, large crowds and other distractions ([Sensory Friendly Solutions](#)). Some people may experience sensory overload in these situations and others may experience emotional distress ([Fraser.org](#)).

Such challenges are observed in **autistic** people, PTSD, anxiety disorder and other similar difficulties. To support such neurodivergent **people** it is essential for professionals to offer simple and sensory-friendly solutions which ensure comfortable, respectful, and supportive services. Check the table on the next page to find out more.

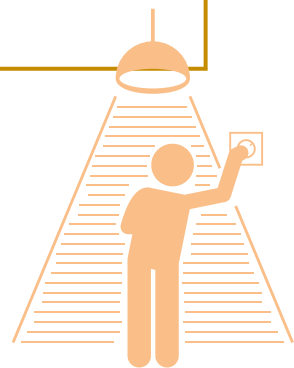


Sensory Friendly Solutions

Lighting	Dimmable lights, incorporate natural light if possible
Visual Environment	Photos of calming landscape, nature photography, minimal walls, colour-coded materials
Noise/Sound	Sound absorbing panels, noise cancelling headphones
Space Layout/ Sensory Decor	Dedicated sensory zones, escape points, variety of textures in furniture (soft, velvet, cotton, etc.). Avoid strong air fresheners and ask for sensitivity to fragrances and cleaning products.



But more importantly, take the time to inform yourselves and educate on sensory differences, neurodivergence, and current practical strategies you can apply in your professional work. It is advised to first conduct a sensory profile assessment before the first contact/session with the client.



Further Reading:



Useful links for sensory resources and tools:



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Exploring Sensory Preferences
Living Environments for Adults with Autism
Andrew Brand and Katie Gaudin

