

# Disability and Sensory-Friendly Summer Tips

Summer is the perfect time to get out and explore! Check out our disability and sensory-friendly tips to ensure summer fun for individuals of all abilities!

## PREPARATION TIPS

One of the best ways to guarantee a successful day of fun is through preparation. Some examples include:

- **Call Ahead**: If you are planning to visit a place that is expected to be busy, call ahead and see if they have any quiet areas to take breaks in. If they do not, they may be able to help identify a day or time when they tend to have less people.
- **Visualize the Experience**: To set expectations, prepare a schedule with photos and videos to help everyone feel more comfortable.
- **Make A "Go Bag"**: Pack your feel-good items, sensory items, medical information, calming tools, and any devices or alternative communication methods you may need.
- **Create an Exit Plan**: If you have another adult with you while you're out, create a code word that either of you can use to indicate that your group needs to leave immediately.
- **Bring Safe Foods**: Pack some of you/your loved one's favorite foods so no one goes hungry or feels overwhelmed by food selections.

## TIPS FOR WHILE YOU'RE EXPLORING

- **Maintain Routine**: Being thrown off schedule can cause stress and frustration. Even while you're out and about, try to maintain your regular routine.
- **Shake Out Your Nerves**: If you/your loved ones are planning for a long car ride or a flight, get out the nervous energy by jumping, dancing, or stretching beforehand.

- **Dress Comfortably:** If particular fabrics or articles of clothing make you or your loved one uncomfortable, don't include them in the summer wardrobe.
- **Keep A Slow-Paced Mindset:** Sometimes disabilities can slow things down, which can be frustrating if you have a jam-packed itinerary. Try not to overbook yourself or your family. Anticipate needing more time or extra breaks.

## LOOKING FOR MORE RESOURCES?

Easterseals MORC has many free downloadable resources, like this one, available for the community. To access more free resources or learn more about services, please visit [www.EastersealsMORC.org](http://www.EastersealsMORC.org).

