

MELTDOWN

S.O.S.



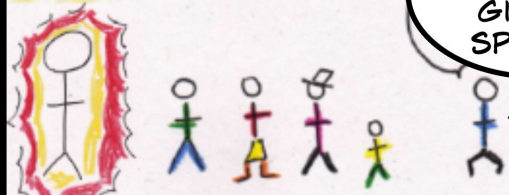
GUIDE FOR STAFF IN
MUSEUMS, CAFES,
LIBRARIES,
SHOPS...ANYWHERE
REALLY.

HOW DO I HELP
SOMEONE
EXPERIENCING A
MELTDOWN?

SPACE

ASK PEOPLE TO MOVE
AWAY IF POSSIBLE

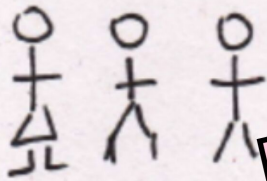
PLEASE
CAN YOU
GIVE
SPACE?



THIS REDUCES
SENSORY
OVERLOAD

WHY?

OBSERVE WHO IS WITH THE
INDIVIDUAL EXPERIENCING THE
MELTDOWN - ASK THEM HOW
YOU CAN HELP



OBSERVE

IMPORTANT: PLEASE
TRY TO AVOID TALKING
TO THE PERSON
EXPERIENCING THE
MELTDOWN

WHY?

THE PERSON
EXPERIENCING THE
MELTDOWN IS AT THEIR
SENSORY LIMIT AND
TALKING MAY FURTHER
DYSREGULATE THEM

SENSORY SUPPORT

REMEMBER: TRY TO AVOID
OFFERING THESE DIRECTLY TO
THE INDIVIDUAL EXPERIENCING
THE MELTDOWN

OFFER QUIET AREA OR NOISE
CANCELLING HEADPHONES ETC
TO THE MEMBER OF FAMILY OR
GROUP



Sensory
Inclusion™