



## Everyday Accessibility: Supporting Sensory Safety

Sensory toolkits are a bag of items that help support many people, especially people with autism, SPD (sensory processing disorder), anxiety, dementia and Alzheimer's, etc. by providing calming activities/items. They support calming with all the senses (sunglasses and water timer for visual, ear plugs/earmuffs for auditory, mints/gum for taste/smell, fidgets, playdough, weighted lap pad for tactile, etc.) as different things work for different people depending on the individual. Weighted blankets have been shown to help ease anxiety, promote relaxation and increase oxytocin in the brain.

The Municipality of the County of Kings has two new sensory toolkits to borrow if you are visiting the County office for a public meeting, Council meeting, or event. Sensory toolkits can also be requested in advance for some offsite Recreation programming.

To request a sensory toolkit or with any questions, please contact: Katie MacArthur, Accessibility Coordinator at [kmacarthur@countyofkings.ca](mailto:kmacarthur@countyofkings.ca) or 902-599-2749.

The contents of the bag are listed below.

### Contents:

- Weighted lap blanket (5lbs)
- In-ear ear plugs
- Over-ear earmuffs
- Playdough
- Fidget items (fidget cube, fidget rings, knot twist toy)
- Liquid motion bubbler
- Pipe cleaners
- Stretch bands
- Sunglasses
- Peppermints and gum

### Links

There are two infographics that can help explain sensory discomfort – links below!

[Sensory Health – Pain and Discomfort in Public](#)  
[Distractibility and Sensory Over-Responsivity](#)

For more information on accessibility in Kings County contact  
[kingsaccessibility@countyofkings.ca](mailto:kingsaccessibility@countyofkings.ca)