

# Making The Arts Accessible To All

Sensory Sensitivity, Inclusion & Programming



**SENSORY  
INCLUSIVE**

# Everyone Deserves To Enjoy The Arts



## Connecting Through The Arts

The arts – in all forms – make a significant impact on society and communities. At the individual level, they can affect who we are and how we see the world. Performing and visual arts help children and adults experience new things, learn, and understand each other. However, for some people, the arts can be inaccessible: too overwhelming or uncomfortable to experience.

**Everyone deserves to enjoy and benefit from the visual and performing arts, and that's what Sensory Inclusive Programming is all about.**

# What Are Sensory Sensitivities?

Sensory sensitivities include sensory processing disorder (SPD), sensory processing sensitivity (SPS), and environmental sensitivity (ES). People with sensory sensitivities often process stimuli more or less intensely than people without these sensitivities. They can be any age, from babies and young children to seniors, and these sensitivities can emerge over time or be present from a very young age. People with sensory sensitivities may struggle with common stimuli, including:



Lights



Sounds



Smells



Textures

They may also feel anxious or overwhelmed. In some instances, they may need to take a break from highly stimulating or unfamiliar environments.



When you see the “Sensory Inclusive” access symbol, you know that the event or performance is specially designed and adapted for individuals with sensory sensitivities.





# The Rich Rewards Of Arts Experiences

The arts have the power to encourage creativity, build self-esteem, and foster a sense of community and belonging for both spectators and participants.

Sensory inclusive programming makes these rich rewards accessible and available to all. Everyone is welcome to enjoy live theatre, visit museums and gardens, go to a concert, and experience the joy, inspiration, and enrichment of the arts.



**Sensory inclusion removes barriers and judgment. It offers connection, access, and respect for all individuals of all ages and abilities.**

# Frequently Asked Questions



## Is this only for people on the autism spectrum?

Everyone is welcome to a show, event, or exhibit with sensory inclusive programming. While some attendees may be on the autism spectrum, our participants and spectators are very diverse.

## Is it only for children?

People of all ages may have sensory sensitivities, and sensory inclusive programming accommodates adults and children.

## What can I expect from a sensory inclusive program?

Sound, light, and production are adjusted to meet the needs of individuals with sensory sensitivities. That means a show may have fewer bright lights and lower sound levels to accommodate people who require reduced external stimuli. In some cases, there may not be adjustments to the show itself, but there will be additional accommodations like headphones, fidget toys, and a quiet room to take a break from uncomfortable stimuli.

## How can I make my events or cultural programs sensory inclusive?

We encourage everyone to make the arts more accessible! If you are interested in implementing sensory inclusive measures in an organization, program, or school, please reach out to our team at [AKI@miamidade.gov](mailto:AKI@miamidade.gov) or (305) 375-4634.



## About **All Kids Included**

**All Kids Included (AKI)** provides inclusive arts and cultural programs in school settings and throughout the community, enabling kids of all abilities and their families to participate fully in the arts.

For more information on upcoming events or on incorporating sensory inclusivity into your arts programming, visit:

**SensoryInclusive.org**

or contact:

**AKI@miamidadegov | (305) 375-4634**



To obtain this information in accessible format, please contact:

**(305) 375-4634 | culture@miamidadegov**



Miami-Dade County Department of Cultural Affairs 111 NW 1st Street • Suite 625 • Miami, FL 33128

**(305) 375-4634 | www.miamidadearts.org**