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SPEAKER:

Hello, everyone. Feel free to put your name and where you are coming from in the chat. Welcome! For those that are just joining, welcome. Feel free to put your name and what state you are coming from in the chat. I see we have met from Brooklyn, Sue from (unknown name)... Welcome, everyone.

We are going to start in a couple seconds. We are thrilled to have you for AUCD's autism acceptance webinar series. Again, for those just joining, feel free to put your name and where you are coming from in the chat.

We are at the top of the hour, so I'm going to hit record. Hello, and welcome to the 2022 AUCD autism acceptance month webinar series! My name is Maureen Johnson and I am the program specialist on the I tag team here at AUCD. He wants to give running as today. Before we begin, I would like to address a few logistical details. Because of the number of participants, you will be muted throughout this webinar. You can submit questions in the chat. There will be time for questions at the end.

During that time, I will read aloud all of the questions to accommodate all attendees was up you have cart captioning available. If you would like to access it, please click the cc but interview subtitles. This meeting is being recorded and will be available about a week after following this eventful supper as well as a written transcript and the slides!

Again, we want to thank you all for coming today for our second webinar of the autism acceptance month series. Your personal haven, building a sensory lifestyle. So, now I am going to turn it off to our vice chair of the autism special interest group, (unknown name).

SPEAKER:

Thanks, Marine. For the introduction. I want to introduce our speaker today, is Morenike Giwa Onaiwu, she has a PhD. Pronounce she/they. She is a global advocate educator... And non-binary women of color with disabilities. And a twice exceptional multicultural coming are diverse, several different adoptive family. Morenike is involved in... And has coordinated initiatives. Publications, research, projects, focusing on community engagement, equity, intersection Audi, HIV, disability, and inclusion.

Marina K has spoken at the White House, the United Nations, and a plethora of international conferences. Leadership roles include the interagency of autism committee and various global disability HIV education, research, and or community organizations. Her experience includes the nonprofit sector, PK 316 education. And CBP art research. Marina casework has been featured in outlets such as the New York Times, BBC spectrum, MPR, salon, POC, by seven America, etc. Federal and principal operator of the advocacy without borders, the grassroots community initiative. Marina K is a vice unit -- Rice University scholar at the study for women, gender, and sexuality for support of the airship team for divergent mines, autistic women, and nine pioneering what network.

Dev orchids, and other entities. An author, and coeditor of 'All the Weight of Our Dreams: On Living Racialized Autism.' From Dragon be press, 'Sincerely, Your Autistic Child: What Every Person on the Autism Spectrum Wishes Their Parents Knew'

Acceptance and identity for beacon press and 'Neurodiversity en Noir'. From Jessica Kingsley, publishing. Welcome, Marina K.

MORENIKE GIWA ONAIWU:

Thank you so much, my friend. I appreciate you so much inviting here as well as her cochair, Angeline. Hello, everyone for supper if you celebrate Good Friday, happy Good Friday! Otherwise, have a fabulous Friday in general! Thank you for being here for this presentation.

That (unknown name) is presenting on behalf of autism acceptance month. I am going to share my screen. And... Just a moment. And I'm going to actually mute to Windows. For now, we will start with this one. And... Part of his presentations with slides, and the other portion our images. So, thank you everyone so much for being here. My name is Morenike Giwa Onaiwu. I'm going to be talking about building a sensory lifestyle for some this is something I think we can all gain information from. To be true to my own sensory needs today, I'm going to have my camera off. Just like and concentrate a little bit better.

I'm going to go on to the next slide. I want to give a quick disclaimer that, I am a former Len trainee, actually. So, I am a very proud of the Len program and I appreciate a lot of what you're all doing at AUCD. Outside of that, I do not have any formal AUCD affiliation here on my own behalf. And on behalf of the state. I do want to share with you all that, my presentation is primarily images. And this one, because of topic, is all images.

Almost all images, actually for subsequent should you have need for detailed descriptions, at the very end, I'm going to provide the operation for my part-time staff, they can send that out to you. As I do not have them all - we only have the auto generating one, which are not always too phenomenal. I also went to be talking about some things that potentially might be triggering to people when I am talking about sensory... Or discomforts one might have. So, I want to make you aware of that.

I start every presentation with what I start the five C's of excess ability. When we do them in person, prior to the pandemic, I would tell people where gender-neutral restrooms were. Our quiet roomful story sensory room. How to find it. And other logistic things.

It is different in the online world. So, a lot of these things still apply for stops but specifically, I want you to be comfortable for so that is why I have my camera off today for some sometimes, I can have my camera on and I can concentrate and some days I feel a little more loopy (Laughs). So, I want you all to be comfortable, as well as a if that means having a snack near you, or a pad to take notes, you know, please be sure that you are comfortable so that you can take in the material.

The next one is for connect. So, we are together today for approximately an hour. That is enough time for a newborn soul to be born and to learn how to walk. That is time for about 7000 people to say I do.

That is enough time for the earth to travel about 66,000 miles on its axis around the sun. In rotation around the sun. So, you know, it may sound short, but there is a lot of things that can happen in that timeframe.

Given that, do not be disconnected. If there are things that are unclear, please feel free to use the chat feature. Feel free to look things up online. Please be sure to use social media if you'd like to. Communicate with others this material. The next thing to consider. I want us to be considerate with one another.

Often, I say that impact is more important than intent. I think that is generally true. I would like to ask that given this topic, and the fact that it is something we are all learning about ourselves, and our sensory needs, that we try to be more intense and take a learning approach that if someone is not using the right terminology or is confused about the concept, or is not communicating in a way that we understand, that we give them (indiscernible) in place.

The last is change and continue. We all need to change. All human beings, that is a process of living for supper always evolving, we are always changing. We have small, incremental changes that we make. Those can eventually lead to big, massive changes.

There is a paradigm shift... Including myself that cannot benefit from some type of change. Maybe changing our perspective. Maybe changing the way we structure our lives in semi. Or changing something about our terminology. Or our view of ourselves, or others.

So, I want to ask you to embrace change, rather than run from it. Even though change can be difficult to define, it is better for us was a blessing coming and I want you to change, wanted to continue. Continue to be you. Continue to grow and change was that continued to be the change. Continue to use your influence the way that you do in your role, whether that is as a self advocate, parent, a professional, researcher, a combination of many of these things. A student. There someone you can connect with the set there is someone you can get through to.

There is someone you can get their attention and have the respect that the rest of us do not. So, we need you for that purpose. And then... I just want to thank you for joining us in this virtual space. So, whether you have your for babies hanging around, or you have (indiscernible) with a lot of different things. I know for some people, it is a holiday. You may be preparing for family things or services later in the day.

Thank you for coming to this remote presentation flow of our current world. And we just wanted to share that, this is a presentation that is fairly informal. I've actually only given it once. And it was different. I changed it significantly since. So, it is something I do that, it is not really scripted per se. It is really kind of like a dialogue.

About looking into practical techniques and things that have worked for myself, is informed by research, as well as anecdotal information. I want to talk about, how can you problem solve and address sensory needs in different places? What are some ways that we can do that? We do not

always have what we need around us. How can we do it in a way that is quick, easy, that is low cost?

And that is portable? And how can we learn to recognize and hopefully, accept the different sensory needs of people have an different expressions that exist. What are some strategies we can use? You know, because none of us have the same sensory needs as another individual will somehow can we look at this in a strength-based perspective?

Those are typically the objectives when I'm doing this for CEO. I'd like to give them for you, they are here for your own personal growth. So, to make any sense about this, let's go back to what we mean by sensory.

Because I do not want to make assumptions. The majority of us are familiar with the big five. Sites, smell, taste, touch, etc. there are three additional senses, as well. There is ever spatial orientation, our vestibular sense. Which is basically our sense of balance or movement in space.

Our head and upper area. And then there is our overall body awareness. Which is proprioception. So, where things are positioned. Understanding our strength and aspects of our own joints and bodies... What is going on on the inside of our body. However we feeling? What is being transmitted through the nervous system, digestive system, or what have you.

These are things that humanity has developed over time for survival. They are not just wants, they are needs! There is a reason why things that are bitter are generally unpleasant to human beings, because that is a sign of things being harmful, poisonous, or spoiled. We are designed, that is a protective mechanism for us to not (Laughs) Do not consume it, or spit it out.

There is a reason why we developed an (indiscernible) development, children, and so forth, and all kinds of things that we use our bodies for. These things are not just luxuries. They are necessary for growth and survival. A lot of times, people act like they are extraneous things, when they truly are not.

Not for any of us. Regardless of our neurology. And so, I always want to emphasize the importance of intersection ally and anything I'm talking about. This is the same. The concept of intersection Audi relates to the concept that Kimberly Crenshaw talks about...

All human beings have multiple identities. You have your type and your gender, and you have your age and you have your geographic location, in your profession, you have a million things. All of those identities, some of them are privileged, socially and some of them are marginalized. There is no human being that has nothing but marginalization, there is no human being that has nothing but privilege will sub you not be able to do this. These things are always in flux.

Identities, these things make up who we are. And how we are perceived by others. Intersectionality looks at concept not just in terms of identities, but certain of -- parts of identities that are more oppressed. I do not have the same type of leverage in society.

Being from a racial minority group are being a gender that does not have as much power, or what

have you. And depending on the circumstances, these things come of the intersect with one another in different ways. The four-way intersection is kind of an illustration, there is four directions, is it very difficult to protect which one is going to arrive first.

Is one going to med its way and collide? Or what have you. We cannot predict the other aspects of who we are. So, this impact, our neurology, our age, so many things about who we are, you know, also play into our sensory needs.

For some people, there could be some sensitive aspects of their culture that are addressed adequately, that meet their sensory needs, as a result, by default. Or on the flipside, could clash with them. So, our senses, these are things that are both external and internal. They impact us in a lot of ways. The reasons why I am calling this a partial haven is because as my personal Haven is because I am talking about each additional -- each individual person. Airtime of the individual, as was the collective.

Depending on how we are, what sensory impact we are receiving, or how we are processing things, that can impact our behavioral expression. That can impact our ability to concentrate, that can impact our overall functionality. And our ability to be productive or too understand things, or to complete tasks. It varies. It can be something that can also impact our interpersonal relationships.

Because the needs can conflict with one another. So, you have these divergent needs come if someone has a need for movement, and someone else has a need for continuity and someone has a need for different types of smell, or sound, and another person has a difficulty tolerating that, you can have challenges.

Especially based things are never the same in one setting or another. Certain things we do at home, you might come home and take off your shoes and put your feet up on something you probably would not do that at a restaurant. (Laughs) Or maybe at work. Or what have you.

You might walk around in a bathrobe, or something at home. Things you would not do in another place. The way we are able to engage in our senses differ in home and community context. They are not the same - they are not the same normally in these contexts. They are not even the same from day-to-day, for us.

So, that can be a problem. Because, we are bombarded with sensory input all the time. Some of it pleasant, some of it not. That is the real world. There is really no way around it. There is no way to stop it. But, what we can do is, understand it. And understand ourselves. And try to create circumstances for ourselves and for others that allow for this divergence of sensory needs and allow for people to be in a sense of comfort.

There is a lot of strategies we can take. There are some... Some of these, there are some great resources. The (unknown name) Institute is one. There are other smaller nonprofits... There is fields that address it, occupational therapy being one for some physical therapy. There are number of different ways that we can look at research related to sensory aspects of things.

It is important, how it impacts the immune system. How it impacts brain development. And so forth. So, these are not (indiscernible) things. But, they differ. Some of the strategies people have, are (indiscernible). You cannot always be in a sensory room for that he cannot always be in their people study cannot always have a metronome. You do not always have certain things around you. Some things that people utilize while well intended, are more harmful.

Someone trying to prescribe a certain sensory diet of things you can consume or things you can touch or listen to to desensitize evils of that is really creating more problems than it is helping things. Are things being done in a manner that is too quick and not gradual enough? Are things being done that is not evidence-based?

That are promising, perhaps? But, not necessarily what we really need. Or are people making assumptions that are inaccurate? I'm going to share a video. I do not think I shared the sound, I will do that now. Let me share sound. And then... OK. Hopefully, it is working. I have no idea. It is taking me back.

OK, so I do not know, there is one more second before the civil commercial. But, it actually does not matter if the sound is not work for this video, because it is mostly visual. The reason I want to share it quickly is because, this was a video made by a person who is a showing ways that someone can engage in stimulatory behavior in public and in a place where you have to be quiet. In this instance, a person was in the public library.

I am showing this, because I can imagine, you do not always have therapy, you do not always have... You cannot always put headphones on a plane before. What you have available and in whatever place were, in a hotel lobby, or in gift shops, not the same quality as the ones that you carefully studied and reviewed. In order for purpose. Sometimes, you have to make tabletop

In doing so, in those situations, what are some ways, it may require some time and some creativity, it is not always require a lot of complicated things. So, I will show this, and again, there is no sound. Because only sound is in it. There is a bit of background music. I'm going to show little of this, and then I will move on, and try to talk about some strengths and additional practical solutions.

This is an individual who is mentioning that spending is a common method. That was used in this video that was requested by a parent, with a child that was going into school... So sorry. I do not know what is going on. Let me restart it. And wanted a tool that her daughter could potentially use. So, this person was sharing some things that could potentially work in a classroom setting. And so this person was actually quite agitated because they were in a public library, and so, they are showing how they were able to STIM in ways that do not impact the people around them.

You will notice this person has prepared, so, aside from the things that she is doing, she has on a number of buttons. She has communication buttons on, she has her stale that Mike hairstyles in a particular way. She has a number of devices, like, things that are on her wrist. Looks around her. She has a very quiet pencil sharpener.

And she has a ducky. She is also wearing gauges in her ears. As opposed to... Might be something that is giving her confident input. So, using some of the things she is doing. Lining up the things she has with her, their son Pendley can purchase that open and close without making noises will set and can give you that sensation that might be helpful.

She is showing recapping of (indiscernible)... The sensation of skimming through a book can be soothing because of the area feel. The feeling of the pages between your fingers. Every person is different. So, some of the things that are coming for one person can be extremely - can be the opposite for another. But, I just want to show you a few of these. This person used to make videos that they called Way To Stim Wednesday. They which are different things you can do.

I will skip ahead just a bit. She goes to another part of the library... She shows various different things she does. Like playing with her hair, so forth. While she is sitting there and tapping her feet quietly. But then, she is going to get up. She is going to show doodling that she does. In one setting. And then she is going to show something she will do by moving. So, in a hallway, or in line. Ways you conflate and move around and get some input. That might be something you're able to do in some places, or in some settings.

(Video plays)

MORENIKE GIWA ONAIWU:

I would also say the way she is dressed and has her hair styled is probably also for sensory purposes. It could be for creativity, but it could also be that the texture of the smoothness of the shape had in the back and the shorter bangs to not have hair on one's forehead. And this letter texture and the leggings and so forth, all of those things, I think, are intentional.

So, I will go back to the presentation, essentially, sorry, I don't mean to do that. He wants to look at things from a strength-based perspective. A lot of times, with everything, people look at what is wrong with you. Or why couldn't you do this? Instead of looking at, "I process this when I can have tools." Or when I can learn this.

I remember best in this way or in that way. So, if we frame things in a way that looks at, what is the reason why we want this thing? Is it because we want connection? We want a sense of calm? We want regulation? Whatever it is, we should look at the strengths first as opposed to, "he cannot sit still." What about, he is very enthusiastic and he is very mobile. Or what have you. So, we need to do this because we have to be able to care and live with ourselves.

And respect and honor ourselves and also those around us. So, that is one thing that is first evolving. The way we view it as part of the solution. There is literature, there's tons of things come here are just a couple that I've shared. There are wire the lights allowed by Heather and Chase. There is the reason I jump and then there is another follow-up book, loud hands, autistic people speaking. Which is an edited collection. All of these address various different things about sensory - people and their sensory differences.

Although this person does not update their YouTube any longer, way to stem Wednesdays, jelly gems yet still has the page archive. There is number of things on it. There are other you tubers come as well, who have helpful things. Stem testing is no longer in business any longer come with a reason why have their images still here is because, fortunately, there are a number of nonprofit places. And places you can find on at the end various places where you can find things for stimming. Stim toys. These are a few things that Stimtastic used to provide. I like them because they are for all ages.

... Whether you need something for movement, or chewing, they had things that were discrete and attractive. So, there are other sources that people can get some of these things for, if a person really needs this for tactile stimming. There also some other sources, as well. There is an entrepreneur (indiscernible) who has a Black girl...

So, lots of different things related to stimming on her website. These are a couple of the ones she offers. Of course, there are regular things you see here. I did this random search for stimming. These are things you can find at multiple places, like Amazon, etc. There a lot of different resources.

The remainder of the presentation, I am going to stop and see if there is any comments or questions and then I am going to kind of share some things I have personally done. And some of the strategies and how they can be things you can do in your home, in your classroom, in your workplace, etc. So, I will be switching to a number of images that are not in the slides. But, I just wanted to start off by showing you all something that my two youngest children, who are on the spectrum, like their mom, something that they made.

So, my son, the one on the top is several of my sons superhero that he lined up, that he liked to put up by (indiscernible)... He put them in order that he knew that... They're all mixed up in terms of, you have Stephen (unknown name) from Marvel. I don't know what he was going for, but he did. So, by color, by the ceiling, by the smoothness of the plastic or the (indiscernible), some of them are dull, some of them are shinier. He has them lined up in a particular way. That worked for him.

My daughter has her beanie booze lined up in a particular way, as well. Which, I thought, is this aside and hide, but no, I'm not sure exactly what it is. At any rate, the softness, the way they look, she would put them on the back of our sectional. These are things that help her. If you move them out of the way, or if you bumped when, it was problematic.

These are things that really allowed her to feel comfortable in the living room for whatever reason. And so, that is something that should be honored. It is not just a thing for children. We have our own - as adults, we have our own needs for sensory input, as well.

Before I take discussion for questions and then go into sharing some of the other things with you all, I wanted to share this information, sorry for the word placeholder being there. That was - there is a picture that I was supposed to put their that I obviously forgot (Laughs). But, the picture is one actually of my son when he was younger and he was eating some food.

So, he was eating some type of pasta. It was the sauce, he had smeared it on his cheeks and his forehead. While he was eating it, he was also enjoying the feel. Unfortunately, I do not put it here. It was a picture of him enjoying the taste of the food, but also the texture of the food. What I used to do when he was younger was, make sure he did not have anything really nice and he was going to eat because I knew he would make a mess.

He would sit in a wooden chair, that was his chair. I had a tablecloth. So in the image, they're not here, that is kind of a depiction of that. My website is MorenikeGO.com... This is how you can find me on a social media.

I am going to see if you guys have some feedback or thoughts that you want to share before I go into my personal journey about - in terms of things I have incorporated into my life for - to make sensory haven for myself as I do see a couple of things in the chat. Okay, great.

I cannot wait to see a visual presentation, thank you, (unknown name)... At this moment, again, do not feel pressured. You do not have to. Comfort is one of those. But, if anyone wanted to share any thoughts or resources or questions, please do so.

I will devote a little time for that. I will use the remainder of the time to show you the images and talk through the strategies. And for you all and then we will see if there is additional time for dialogue and questions and we will conclude.

SPEAKER:

Actually, Marina K, I was curious, how do you feel about mindfulness meditation?

MORENIKE GIWA ONAIWU:

It is interesting. I have to say, at first, I was kind of skeptical for some I was like, "this sounds really (indiscernible)..." (Laughs) Mainly, because I do not know a lot about it. I do file, I think everything, in the spectrum, for some things... For some things, it is helpful, but for some people, it is not. I do feel like there is a connection, I feel like there is a way that it can be really helpful.

I think people incorporate mindfulness into other things they do without really being cognizant of it. So, I think there are some things, some of these tools will separate emotional regulation or mindfulness or, you know, can be really helpful and useful. I think sometimes, you have to be selective because I think sometimes people are well-meaning but do not know what they are doing.

(Laughs) They share some ideas that are not, you know, the greatest. So, I think a person has to be cautious. But you know, I come to find that there is a lot of things I used to think... I would not understand why people did certain things. I would be like, "that is not make sense. Why would you do that?" But you know, as it came to see, for some things, it really started to change my perspective...

SPEAKER:

Anyone else have questions?

MORENIKE GIWA ONAIWU:

It is totally fine if you do not. Action, I would like to make a request before I move on. If you all have come I do a variation of what they teach in yoga or such for something you, Jeanette. That is a good point for supper some of us, and myself included, you can take elements of certain practices and modify them or use some of it. Sometimes, it is nothing you can utilize all day. Our utilize in a different way that may be a was conventional.

That is the important part, for people to personalize these things. What I am going to ask you all before I reassure the screen and show the image and talk through those strategies, is that, if you know of any sources that you would like to share in the chat with others, of places where you can get stimming stuff, her books, anything you want to share or an idea, that you would like to plop in there for anyone, please feel free to do so.

If not, do not feel pressure. I think this is a learning space. We can learn from each other. So, I want to make sure we are doing that. And so, I am going to share my screen and grab the pictures... These are very simple, again, these are pictures that are on my computer (Laughs).

I will talk you through things that have really helped me to function and cope. This is a picture of my bedroom. I keep a sweater or hoodie on one of the posters of my bed because of the fact I cannot, sometimes, the temperature varies. I do not know if I will be cool or warm, it is easier for it to be near me and ready. As a particular when I like that has longer sleeves, it has the thing and the rest you can put your thumb through if you want to.

It has dual pockets on the side that our depots about has a pocket in the center. It has a head, but not those heavy kind of puts. It has one of those light takes, not one of the ones you steal. So, this is very helpful for me.

The bedsheet you cannot really see very well, it is also bamboo. Which, is really comfortable for me. This is really cluttered looking, not that attractive. Sorry, but just keeping it real (Laughs). These are some of the things I have never impose of this is my bedroom, as well. There is a box, you can see a tiny bit on the floor that has some board games and things. I have some disinfectant wipes...

Test kits, etc. pose up you are not going to bring your eye. And they have a particular light scent that I like. I often get sore throat, and so, I use core septic spray. Sometimes, I may get on taste in my mouth that is uncomfortable for subsequent I use the small children's toothpaste.

I have a few other things there. This is a wrist, you know, one of those wrist protector things. I have petroleum jelly. I have a lamp. In case I'm being bothered, if the light is too bright for me, I have an (indiscernible). I have some for breeze if I need to spray things around to make me feel better. I have one that is scented with water, I marked them so I can know the difference was because maybe the smell of the third for breeze is too much for me. And I have the lint washed get your textures off of things.

These are things I have. I have a couple of (indiscernible)... I have a few pens that are smooth that I use. That are helpful for me to have. These are, one of my special interests, I like to collect things. So, I collect huskies. This is Vicks vapor rub. Sometimes any that mental sensation.

This is a type of deodorant. I the couple types are useful someone is Irish Spring. This is, I forget which one it is, but this is a letter smell the sub if I need a different smell. I have the ear cans. Some of them make audit noises. I have certain months to get dust away. And then I heap in case! In case I need some earmuffs, keep them on one of my huskies.

These aren't my huskies for some I like to line them up. My son will put... On them. I have them lined up in a particular way that you would need a sense of calm. And then here is some of the other things. You never know when you might need something. So, I have a couple of little (indiscernible), I can have a couple of my sending things. If any to jump up and grab one, I have a variety, if you type available to me.

That's it in the spot at all times. I have my jewelry box. Gift cards of the house. This is a particular pair of scissors that cuts things very, very neatly. Sometimes I cannot deal with the jagged feeling. This is my laptop, this is my bed again. At the bottom, you can see there is a desk that I was talking about that has some books in it. I have vitamin water that I keep, although, I prefer my dream school. I keep one at room temperature, in case I needed.

It is hard into the bed, but that is a heating blanket. And then have a couple of stimming things. This is one from a children's toy section but that was one of those things that you plan your hand, it makes the imprint of your hand. But, with the little metal pins. It is very soothing for medias. So, this is an area that I like to sit a lot.

And I have a little pillow, I have my foot warmer, I have headphones, and some things. This is a little spider... Some magnets. And then I have this little thing that I think is supposed to be, I'm not really sure what it is for. But, it is really sensory. It is really nice. This little gel flow thing. Paper towel, and then again, different light. If I need something around me.

So, I am showing all of these to show that these are again simple things I've done in my home, for my home space. I have these things around me. It is a little hard to tell, but on the side of this chair, that is a desk. It is a lap desk. If I'm in a situation writing is on the floor, I cannot sit in the chair, have the things I need. All the things again, that you can see at the back, printed, side notes for presentations...

Maybe I wake up and it is a day where I'm having some difficulties with negative functioning, these will help regroup and so these are some of the images my kids have drawn. This is again, the lap desk. If any to sit on the floor, I have a chair. I have a pillow, I have a mirror. You may need to check your impression. There is various notes, like I was telling y'all about, that I might need.

This is the same area, but without the table pulled to the side. Maybe, I would just be sitting there without it. Here are the things I have right here in my area. But they have a presentation to craft of the

camera on. I got something that would stain my close, so they would not look really horrible (Laughs) And wrinkled.

I have backup makeup. I did not really wear a lot of makeup, but I'm certain ones that I like, they feel decent, so I have them ready. In a bank. I have a mirror, and have an extra charger. These are things that the children have made that make me feel good to look at. If I'm stuck or tired. One is, this is the very first poster presentation I've ever made.

This is the draft when I have sent out. And things kids have made for me. All of these things help me to work from home. On the left, is a stuffed animal from my childhood. And a few other stimming things... These are things I have in different stations around my home. I have backup close, too. If I'm a day where things are feeling uncomfortable, maybe I am re-uncomfortable or feeling hot or the texture is not right, looked at have to do a presentation, I went to look decent from the waist up.

This is a really plain T-shirt dress, it looks decent in wearing it. It is not really modify can be casual, there's just the Old Navy and the genes and leggings underneath there. Those are already ready. This is also another thing I do. To make MySpace comfortable.

I have a number of children. And only limited space in my home. And too much clutter can overwhelming, sometimes the subsequent of this is my hallway. This is part of my room. We were doing laundry, so these are things that are hung up, that need to be ironed, or some of them are things in easy folded. Rather than having them clutter up my bedroom and me feeling anxious, I have moved those things to the hallway. If I can see it (Laughs) That way, when I'm ready to get to it, I can get to it.

It does not look unattractive because I have occurred and dividing where the hallway and living room is so that no one can tell those things are there (Laughs). Nice indiscreet. It looks neat. To the outside world. They have no idea what is hiding beneath the surface.

Here are some of the things I have in my home for sensory feedback. This is a drum set. We also have a karaoke machine and a keyboard with others headboard as Mike headphones. All this can be done without serving the people around you. But, to give you that feedback that sometimes you need.

This is kind of a quibbling chair and a few other things we have. A few other devices we have in house. Books are often for me, I like reading on the Kindle, but I also like reading on a regular book. I like the feeling of them. I have several (indiscernible) in my home. This is a fireplace that is behind, I have some bricks in there. Because, they do not make the same smell is what... They will still heat.

Sometimes, vestibular movement can be really helpful. We have a couple of things. Jump rope, some weight, a bike. And a balance ball. I have certain types of lamps that I use. Because I like the way the light looks. This is an example of one that I have. I have two of these.

I mentioned to you all. I have a basket of little books. They are in different parts of the carriage in case I do not want to get up. This is some... West African, so we are barefoot in the home. But here, lifting weights or doing something where you can drop a dumbbell underfoot, these are snowshoes that I

bought a pair for all of us to use and we have clocks here. You can grab it. Is over here is actually a sleeping bag. I am sorry, I think hundred is a sleeping bag. This is an Amazon gift bags up under it is a sleeping bag. Sometimes, the kids may want to lay on the floor and relax.

So coming out. These are my coaches. They're not fancy. They are sectional, you can take them apart. They also have a built-in little bed on the inside. They have questions. So, I use these, it is some type of microfiber... And it is dark. So, something spills on it, does not look bad. These are the kids book I have in the living room for them to use. This is the second of that lamp I shared with you all.

This is another thing I do. So, you may want to see how you look, the mirror, if you are tired, disciples of this is a place where we often keep knickknacks. There are certain things that my children like to have. And I do not want it to fall over on the floor and split ripples up so come this is an easy way if you want to play and put things on the floor, I can still have a sense of peace. Is there a lot of the things that are kept inside of that. But, they are not all over my floor.

I have emergency... This is a camera. This is some incense... I do not like the feeling of cold tile. So, I have some little hotel slippers that I got in different parts of my home. If I feel like the floor is cold, I can put the slippers on. I am not transferring bacteria from place to place. Succumb these are the things that are for the kitchen. There are some other ones for the restroom, and so on.

This is a picture of either the microwave or the airfare. I think it is the microwave. We bought a different microwave than the one that came at the home because, this is one where you could put in a setting. To stop that horrible beeping sound at the end that is torture. This is the original one! (Laughs) That came with the house. You cannot control so but still use as timer sometimes. But yes, we do not use that one any longer.

This is the air fire. Sometimes, using the oven or the smaller oven thing, I'm sorry, air oven thing. Conventional oven. Because the bigger one, while it cooks well, sometimes it can overwhelm the house with smell. It might be a good smell, cookies, brownies, or something. But, what if it is a little overwhelming for some this is smaller, it is most likely to make the whole house smart does not caught or have a smell.

These are sensory wise washing dishes. The grossness of the food and the water and so all of those are not great for the environment. Here is some disposable place. We sometimes use and disposable cups, edibles. Sometimes, these are an option for us will be observed in stacks that people like, some people... We have certain types of things, they are separated so that people know who's is who's. I put my recycling on top of my refrigerator, I live in an area where recycling is always once a week. So, it piles up if you have a larger family. So, we stuck it on top of the refrigerator until recycling day.

That way, it is out of the way and not making the place cluttered. That refrigerator, I have set in a particular way, as well as upper certain things are uncertain shall supposedly also have certain things that we purchase. There is certain sensory foods. You can see there is baby carrots, there is sliced apples, there's Hamas, there are different things that are easy to access snacks if you need some sensory input right away.

There are other things, as well as up some ready-made foods. Maybe some (indiscernible) that you can prepare. And then the drinks. This is our deep freezer. Because sometimes, for various reasons, it may be challenging to prepare food. So, we have those there. That is something... This here is an area where, mail, if they check the mail, if it is all over my table and driving me insane, they put it here. And they have some quick snacks they can grab in this area.

Here is a little bit more of that. And so, this is one of our drawers. I have a drawer for condiments, because sometimes a person might be in the mood for their food being a whole bunch of barbecue sauce, or in this or that. Or if you are running out of the door and you need to put some cutlery in your children's lunch or your own, this is where we can find all the ketchup and sauces, whatever. This is a particular dribbles of this is a driver we keep all of the knickknacks.

The cups that do not have a matching top, or they have those funny swirly straws. So, these are all things I've done for my home for some this is an icemaker. I love soft ice. Like, the kind that is (indiscernible). Do not always want to pay 76 bucks for a cup (Laughs). So, my husband but one for me. So, I can have that type device myself in the home.

For sensory reasons. Also, I left Coldwater. My son does not like cold water, he only likes room temperature water. So, I keep one on the dining table that can be utilized for when he is drinking. We have a chair if someone needs to sit outside on the porch. We do not want to wait for delivery or something. We have a chair you can quickly grab.

More things for crimson baking soda, and her hand sanitizer. Or odor. For disinfecting. We have a couple of things we have to grab easily if we need, you know, sugar-free gum. And some were cutlery.

And chopsticks. We do not wear shoes in the house. The children know to take their shoes off and where to put them by the door. And not on the carpet. We liner shoes up here. The ones we were the most. So, they can scrap the medical. They have a little section over there they keep their backpacks. This is an area in front of the house if you need to hurry up and put them shoes on really quickly, you can do so. This is my living room. So, this is if there are close... Here are some clothes that have been dumped out of the dryer, on top of the carriage, as opposed to on my floor.

This is a cap to where if someone is... The texture of hair that we have in our home is really thick and curly, so if you want something smoother, this is a (indiscernible) cat. So, I am going to skip ahead was a moment to share some of the things I take with me. These are the jackets, this is my coat area. You never know, when they if you need a warm coat, or head, a light coat.

We have all of these things that are ready to go. This is the juncture where it is... It should not be thrown away, but I do not know where to put it. I do not want to cluttering the area. That is a good one for that. But, there is a couple things. This is where I keep my keys so I can keep up with them. This is my gaming area. And I can chill out. I want to get to my bank.

I have a television in the game room and not in the living room, so it will not overwhelm me. These are some of the kids (indiscernible) and the way they have their things. Just kind of showing some of the things to help with them. Extra pillowcases, or sheets in case they need it. But, I will move ahead and try to get to the - my backpack and purse. Extra toilet paper. Some people have problems with certain types of toilet tissue.

Some like (indiscernible), some like softer ones, so we have a variety. This is the computer area where my kids do some of their work. It is away from the others and not disturbing them. My son has, for various reasons, it needs to get snacks, this is his portable fridge raider and heater.

... We have stands and portable... This is a certain type of bed. Beanbags. More of (indiscernible) chairs... Just showing some of the things. About how we have made our home comfortable. For sensory purposes. Everyone has their own individual seats but they can use. Their individual workspaces.

This is a chair that is on the patio. Which is... that one can be dirty. And we have (indiscernible) where you can regulate the to perturb the home for some people have different needs. I'm trying to get to the backpack. On this trip, my son has things he likes to play with sometimes. I will put it under his pillow. So, they're not shown. People can see them.

If he needs to grab things for self-regulation, it there there. These are the different temperatures in the different parts of the house. I am really trying to get to, the cameras are there current site can regulate he was coming in and out.

There is some new pictures here. I'm trying to skip ahead. These are the bricks I was telling all about. I will back up. I know we only have six minutes. I really want to show you the person and I think that I carry with me. I am not sure where it is exactly.

But, I feel like it is near the end.

SPEAKER:

Morienicke, since we are, running out of time, not rock things up, but you want to see the message that you want to stick away from this?

MORENIKE GIWA ONAIWU:

I wanted to show that you never know what is going to happen in circumstances. And so, when you're at home, you want to make it a personal haven. We also have to leave the home and go into other places. So, appear, in my bag, and my backpack, I have sensory items for myself. I have the small pen that is stimming, but also I can clean easily. I have some devices here. (indiscernible) and some other things. Some communication devices.

I carry these things with me when I go places. You do not know what kind of environment you're going to find yourself in. Because you cannot control your environment, you can only control yourself. You can make your home such to where it is comfortable and it meets your needs.

And that of your family. You can bring things along with you. But maybe an extensive or not (indiscernible), but can really take them with you and having those headphones, having the communication device, can really be a major assistance when you're in different places. And so, it just takes a little thought and time.

You know, making some bliss about the various needs that you have. In doing so, you can make sure that wherever you are, you cannot control the setting, you can have what you need to be able to be comfortable and to be engaged.

SPEAKER:

Also sound like you did a very good job of showing how you can create your own personal space. So, that when you come home, you can become to both. Maybe prepare to go outside.

MORENIKE GIWA ONAIWU:

Absolute! That is very key. If your home is a haven, you can handle what happens outside. If we are uncomfortable in our own home, or our own workspaces, if there is a place where we can tune, or where we can dig in and feel the sensory input that we need, then we are just - there is a high correlation of anxiety and depression.

And people sensory needs are not met. They did a lot of deprivation studies of animals that mimics that. And that kind of shows that, as well as other awful ones from the Holocaust, for some of the studies that were done during that time of deprivation. And the lack of sensory stimuli and how it harms the adults and children there.

I want to take this different take on autism and acceptance, because I think it is important, but all human beings. We all have sensory needs. We all have senses. And so, if we can normalize making, bringing what you need along with people cyber headphones. The gum need. The type of hand sanitizer that works for you. If we can do this universally, then those who have a need for it will not stand out.

Will not feel like they are creating problems. If we all leaned in and try to address our senses and what we need, it will be better for the world in general.

STUDENT:

That is a fabulous message to an unexpected case on much, so this is Maureen from AUCD, thank you, again, Morenike for this wonderful presentation. On building a sensory lifestyle. This webinar has been recorded and will be the archive will be available within one week. Please, fill out the evaluation survey.

The link is in the chapel that this really helps AUCD plan more presentations like this one. Again, I want you to think everyone for joining for AUCD's autism acceptance month webinar series. Sponsored by (unknown name) and AUCD's autism special interest group. Please, if you would like to join the next webinar, we have one April 20. It is on what you need to know about autism, helping

mental health and parity law.

I will put the link to the next webinar in the chat. But, again, thank you all for joining us!

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