

Tips for your creating a more comfortable environment

If possible, here are changes you can make to reduce external stimuli in your office that may be overwhelming.



Avoid wearing fragrances or using fragrant candles or mists in the office



If your office has bright lights or lights that make sounds (e.g., fluorescent lights), add a lamp to your office so that you can choose the level of lighting



Have a noise canceling sound maker available, but ask if your client prefers that it be on or off



Offer students a way to complete any paperwork before arriving at your office



Offer students a place to wait for appointments that is not a waiting room with many noises



Have plenty of fidget toys available