EUROBANK

Sensory Map Reading Guide

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the happy act®

The sensory map has been created to help you prepare before entering a space and to navigate it with greater comfort and safety.

At each point on the map, the sensory stimuli present are recorded, such as sounds, lights, smells, tactile contact, and general conditions in the space. The map is intended for individuals with sensory sensitivities and/or on the autism spectrum, as well as their companions. The goal is to facilitate understanding of the environment and to provide the ability to choose routes and areas that are more comfortable and safe. Information is displayed with icons and colours so that it is easy to see and understand.

What the Colours Mean

🟢 **Mild**:
The stimulus is friendly, low-intensity, and predictable. Most people with sensory sensitivities can manage it comfortably.

🟡 **Moderate**:
The stimulus may be bothersome or distracting for some individuals. Increased awareness or an alternative approach is recommended if needed.

🔴 **Intense**:
The stimulus is strong, abrupt, or unpredictable. Avoidance or special preparation is recommended (e.g., use of headphones, accompaniment, limited time in the area).

⚠️ **Special Indicators**:
Certain stimuli, such as sudden sounds, intense smells, very low lighting, or a visual drop, do not fall within intensity levels. They appear only with a red symbol (🔴), as they cannot easily be measured but are significant to the experience of the space. They require heightened attention.

Visual Stimulus

This category includes information related to light, visual experience, and the perception of space. It captures characteristics related to natural or artificial lighting, the organisation of the visual field, and the presence of special spatial elements.

• Natural Light: Areas affected by sunlight, either directly (e.g., unshaded windows) or indirectly (reflection on glass or metal surfaces).

• Artificial Lighting: Lighting from artificial sources such as ceiling lamps, spotlights, point or perimeter lighting.

• Visual Drop: Elements in the space that create a sense of height, depth, or transparency (e.g., glass floors, stairs without railings, glass facades).

• Low Lighting: Areas with limited or very dim lighting.

• Visual Stimulus (General): Screens, moving projections, flashing lights or environments with many stimuli (visual clutter).

Auditory Stimulus

This category records the presence of sounds in the space, whether constant or occasional.

• Auditory Stimulus (General): Includes sounds from conversations, technological media, or technical operations.

• Unexpected Sounds: Sounds that appear suddenly, such as bells, alarms, falling objects, or external noises.

Olfactory Stimulus

This category records the presence of smells in the space, whether of natural or artificial origin.

Examples: scents from cleaning products, coffee, food, perfumes, or air with humidity or lack of ventilation.

Tactile Stimulus

This category refers to the experience of touch within the space.

Examples: surface textures, surface temperature, contact during movement, areas that produce vibration upon contact.

General Space Conditions

This category provides information about the overall feeling of the environment.

• Quiet Area: Low activity, stable lighting, limited sounds and people.

• Busy Area: Increased movement, more people, more audiovisual stimuli.