



**Sensory
Inclusive**
POWERED BY **P3R**

PARTICIPANT Information on Sensory Inclusive Efforts

P3R recognizes that processing everyday sensory stimuli can be difficult for people with sensory sensitivities. Any of their senses may be “over-sensitive” or “under-sensitive” depending on the situation. These sensory differences can affect how someone feels or acts, and can have a profound effect on a person’s life. It’s estimated that 1 in 4 people have a sensory processing need (i.e. Autism, ADHD, PTSD, anxiety, dementia, Parkinson’s, Down Syndrome, and many more) and to this demographic, places involving large crowds, loud music and new smells are rarely accessible.

Persons who deal with sensory sensitivities may behave in a way that you wouldn't immediately link to sensory differences. These individuals may find it difficult to process everyday sensory information and can experience sensory overload, or information overload. Too much stimulation can cause stress, anxiety, and possibly result in withdrawal, distressed behavior or breakdowns. Studies have shown that small changes to the environment can make a big difference. That being said, P3R has taken steps to make those small changes in an effort to make a big difference to those individuals living with sensory sensitivities..

P3R’s “Sensory Inclusive Space”, “Sensory Bags”, a dedicated heat and staff education, are helping to make events not only more accessible, but also more enjoyable for everyone.

Sensory Inclusive Space: A trailer equipped with sensory items will be available for use in Red Lot 5A on Saturday, May 4, 2024. This is available to any individual feeling overwhelmed or experiencing anxiety. This space will be more quiet, provide comfortable seating, incorporate textile floor pads, and have sensory stimuli such as magnet tiles, fiber optic lights and various fidgets toys.



Sensory Inclusive Bags: FREE support bags are available at the Sensory Inclusive Space on May 4th and at the Info Tent in Point State Park on Sunday, May 5th. These bags include a VISUAL CUE CARD, noise-reduction HEADPHONES, FIDGET TOYS and SUNGLASSES.

Dedicated Heat: In the final heat (11:20am) of the Chick-fil-A Pittsburgh Kids Marathon, the Sensory Inclusive Heat will allow participants more personal space, the music volume will be lowered and activities will be ceased. These are deliberate changes made to reduce the amount of stimuli for participants.

Staff Training: P3R Staff and applicable Event Staff have been educated about the various sensitivities people may experience and have been informed about ways they can help.