

Practical Tips for Neurodivergent Patients



Wearing a hat can help reduce the intensity of bright lights



Wear sunglasses to reduce light



Keep notes of important information so you don't have to worry about forgetting



Use fidget toys as a distraction



Bring a trusted person with you for support



Bring items that comfort you



Wear Noise Cancelling Headphones



Listen to music

Contact:

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Or call

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For more
information