

Making Your Event Neuroinclusive

What Neuroinclusion Means

Neuroinclusion means creating environments where people who think, learn, communicate, or experience the world differently feel welcome, valued, and able to participate. This includes Autistic people and many others.

Planning for different needs and preferences from the start can make experiences easier for everyone.

Why it matters

Everyone deserves to feel welcome and included.



Many people simply prefer quieter spaces, clear information, or flexible ways to join.



Small changes help more people feel included.



3 Easy Ways to make your event neuroinclusive

1

Share clear information

Help people know what to expect before they arrive:

- ▶ A simple, step-by-step schedule
- ▶ What the space is like (noise, lighting, seating, directions)
- ▶ What the activities involve and how to join
- ▶ RSVP steps, food, and accessibility details (parking, restrooms, assistive technologies)
- ▶ Who to contact for questions and how to reach them

2

Offer choices for taking part

Allow people to choose what works for them:

- ▶ Freedom to join or take a break at any time
- ▶ A mix of quiet, active, and social activities
- ▶ A quiet or low-light area
- ▶ Optional supports (earplugs, sunglasses, hats)

3

Welcome people as they are

Support the many different ways people connect:

- ▶ Keep expectations simple and flexible
- ▶ Allow people to socialize in the way that feels right for them
- ▶ Respect different communication and participation styles

