The Impact of the Design of Toilets on Sensory Modulation

By Pareisse Wilson

Introduction



Pareisse Wilson

- My lived experience.
- Change management and inclusive design practitioner.
- Royal Institute of British Architects (RIBA) Inclusive Design Overlay to the RIBA Plan of Work Project Lead.
- Member of the Access Association and AA Journal Team.
- Member of the London Legacy Development Corporation Built Environment Access Panel LLDC BEAP and Neurodiversity in Planning.
- Inclusive Design Strategy Lead, Motionspot.

Our Brain Functions



3 Core Functions of the Brain

1. **Executive Cognitive Function** e.g., concentration, learning, memory, problem solving and more!

2. **Perceptual Motor Function** e.g., Language processing, motor planning, hand-eye coordination etc.,

3. **Sensory Systems** - our senses!

Sensory Systems



Taste



Smell



Sight



Balance (Vestibular)



Hearing



Touch



Orientation (Proprioception)



Internal Sensory System (Interoception)

Key Terms

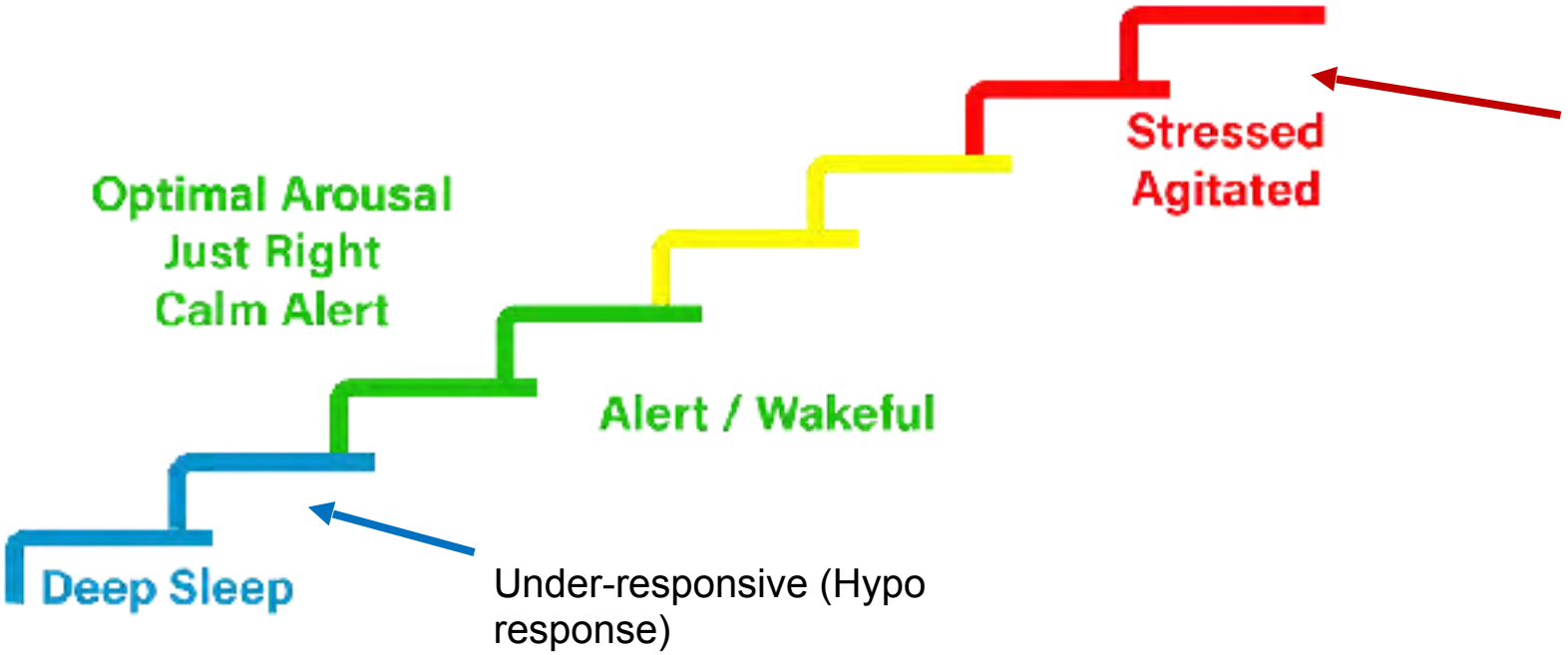
Sensory Input is any information our body receives from our senses.

Physiological and Psychological Arousal:

Arousal is the **body** and **mind state of being awoken:**

Key Terms

Sensory Modulation is the **ability to respond appropriately to sensory information** and remain at an appropriate level of alertness for activities.



Over-responsive (Hyper-response and alert levels) leads to sensory overload/overwhelm

Under-responsive (Hypo response)

Image Credit: Griffin Occupational Therapy

My lived experience using toilets













Thank you for your engagement in my presentation!