Clinical Environment Audit Tool

The following tool is designed to be used in partnership with Autistic individuals currently accessing the eating disorder service via a formal walk around the building or via informal feedback. It is intended to be used in waiting rooms, clinical meeting rooms, physical monitoring spaces and inpatient unit environments.

Action points can include modifications to the environment, or in some situations where modifications are not possible, considerations of how to prepare individuals for the environment (e.g., photographs of the clinical space available in advance) and/or sensory tools available to support coping e.g., fidgets, aligned with the specific sensory presentation of that environment

	Sight			
		Yes	**No**	**Action**
1	Are the walls a neutral/low arousal colour?			
2	Is the furniture a neutral/low arousal colour?			
3	Is the carpet/rug a neutral/low arousal colour and pattern?			
4	Is the furniture arranged considering the light from the window?			
5	Are there curtain or blinds to adjust the natural light?			
6	Is the lighting of the room harsh, overly bright or fluorescent?			
7	Are you able to adjust the lighting in the room, through dimmer switches or diffused lights (e.g., lamps)?			
8	If there is a noticeboard/ posters/info , have you made sure that it is not cluttered?			
9	If there are screens, can you adjust the brightness of them?			
10	Any other comments?			

	Smell			
		Yes	No	Action
1	Are there smells in the rooms (e.g., cleaning products, artificial scents)?			
2	Is there options to minimise the spread of smells throughout the building (e.g., closing kitchen doors)?			
3.	Any other comments?			

	Hearing			
		Yes	No	Action
1	Are there quiet spaces available?			
2	Are there signs in the hallway and/or staff awareness to keep noise levels down in corridors?			
3	Have you considered hypersensitivity to noise and possible sources of this, such as ticking clocks, humming lights, buzzers or doorbells, radios, water in pipes, alarms, doors slamming or keys?			
4	Are there external noises to the building, and how does this vary throughout the day or week?			
5	Have you considered both the volume and the pitch of noise in the environment?			
6	Have you considered how the room or building can impact sound (e.g., curved walls or ceilings)?			
7.	Any other comments?			

	Touch			
		Yes	No	Action
1	Have you considered the material of furniture, such as arm chairs?			
2	Have you considered providing sensory tools, such as fidget spinners or weighted pads?			
3.	Any other comments?			

	Body Awareness & Processing			
		Yes	No	Action
1	Is the environment clear of clutter?			
2	Is the lighting consistent to avoid shadows?			
3	Is how to navigate around the environment clearly labelled (e.g., push and pull doors, slide doors)?			
4	Have you considered the temperature of the room or building?			
5	Have you considered different arrangements or support for sitting? For example, for those with hypermobility.			
6.	Any other comments?			