ADULT SENSORY GROUNDING ZONE AUDIT CHECKLIST

Lifespan Autism Frameworks & Environmental Architecture | MSc ABA Practice Model

PILLAR 1: VISUAL PATHWAY PROTECTION (ANTECEDENT MANAGEMENT)

[ ]	**Eliminate Fluorescent Flicker:** Audit overhead enclosures; transition fully to diffuse, warm indirect illumination tracking channels.
[ ]	**Perimeter Lighting Arrays:** Ensure low-frequency LED linear under-glow configurations are structurally operational.
[ ]	**Clutter Shielding Layouts:** Utilize opaque, solid neutral-colored storage bins to eliminate ambient visual distractions.

PILLAR 2: PROPRIOCEPTIVE GROUNDING (TACTILE REGULATION ZONES)

[ ]	**High-Density Compression Corner:** Secure micro-environments filled with dense foam floor pods or body positioners.
[ ]	**Deep-Pressure Inputs Locked:** Confirm immediate physical availability of weighted lap blankets or clinical pressure bands.
[ ]	**Low-Arousal Pacing Boundaries:** Validate that clear structural room dividers partition the therapeutic pocket completely.

PILLAR 3: FUNCTIONAL CHOICE ACCESSIBILITY (PECS & TEACCH ALIGNMENT)

[ ]	**High-Contrast Anchor Boards:** Position permanent visual schedules directly at eye level within the target transition space.
[ ]	**Desktop Task Arrays Set:** Align clean communication card stands matching work, physical break, and processing states.
[ ]	**Vocal-Alternative Choice Kits:** Verify that core physical PECS-aligned card folders are reachable without physical strain.

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