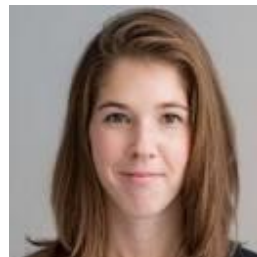


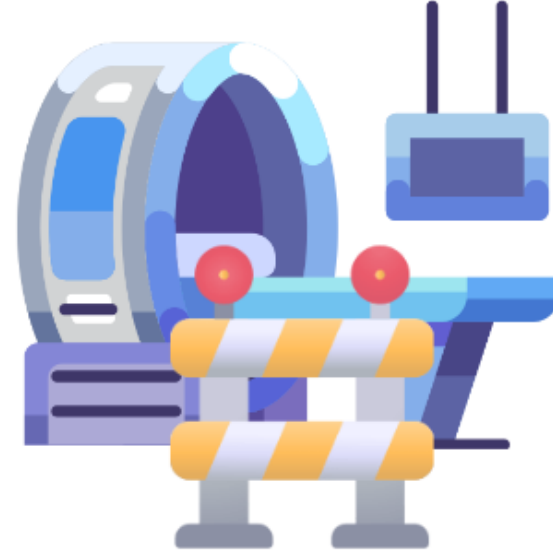
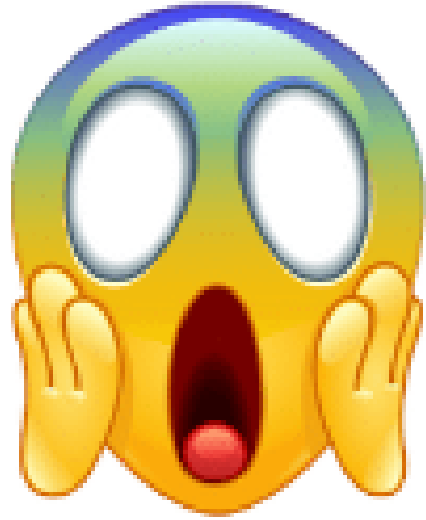
# MRI support kit: Autistic led and co-creative research and design



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Anxiety due to

- Unclarity
  - sensory sensitivities
  - earlier traumatic experiences
- can create barriers to neuroimaging.

# Consequences

- (autistic) people might not get proper care
- Researchers/clinicians might not get data



# Focus:

- alleviating anxiety
- sensory adjustments



# MRI support kit



**Communicate your needs so the specialist knows how to make you comfortable.**

**Don't hesitate to ask for extra support and clarification.**



**Ask for some orientation time in the scanner room to familiarise yourself if needed. Or ask to go in the mock scanner.**

**On the back of this leaflet you can find sensory materials to support your sensory needs.**

Not sure what your senses need? Use a sensory profile checklist.



**Ask whether you can bring a safe person who can stay in the console or scanner room while you are in the scanner.**

**Alert the specialist when you don't feel comfortable so they can stop the scanner. You will get an alarm button.**

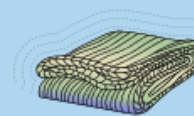


## Support your senses so your visit to the MRI will be more comfortable.



**Wear long-sleeved cotton clothes, like pajamas so you won't have to change.**

**Use a squishy toy that you can hold in one hand.**



**Use a weighted blanket filled with plastic beads.**

max. 10% of body weight.

**Ask for enough pillows to avoid any discomfort.**



**Ask background music/sounds you find relaxing. Or ask for a film.**

**Use ear defenders/ earplugs and provided glasses or a sleepmask to protect your ears and eyes.**



**Everything needs to be metal-free and the specialist might check to see which materials can be used safely in the scanner.**



RAISING AWARENESS  
MORE ACCESSIBILITY  
BETTER CARE  
BETTER DATA



# Importance of this kind of research



Community beneficial



Autistic led



Co-creative