

Disability Awareness



The Seashell Superhero Day aims to raise funds to support the services that Seashell offers to young people with very complex disabilities.

We also aim to raise awareness of disabilities by creating this pack to promote awareness through information and activities.

Seashell



Seashell is an extraordinary place for extraordinary people.

We support children and young adults, aged 2 – 25, with the most complex disabilities across the country to live their best lives and reach their potential.

We do this through our school, college, care and community services.





Our children and young adults

These are just some of the disabilities that affect our students

- Autistic Spectrum Condition
- Multi-sensory impairment (Deafblindness)
- Visual impairment
- Multiple learning disabilities
- Auditory processing disorder
- Complex Physical Difficulties
- Additional Medical Difficulties including progressive and degenerative conditions



Our children and young adults

Low incidence, high level needs – these are disabilities that occur in low numbers or are less common but require high level of support, 1:1, 2:1 or in some cases 3:1 support.

Below are a few examples – click on the links to find out more

- **CHARGE syndrome** [What is CHARGE syndrome](#)
- **Fragile X syndrome** [What is Fragile X Syndrome](#)
- **Angelman Syndrome** [What is Angelman Syndrome](#)
- **Syngap 1** [What is Syngap 1](#)



Let's have a look at some disabilities in more depth, with some suggested awareness activities for you to try.





What is Autism

Autism is a lifelong developmental disability which affects how people communicate and interact with the world. Like all people, autistic people have their own strengths and weaknesses.

Difficulties may include:

- Social communication and social interaction challenges
- Repetitive and restrictive behaviour
- Over or under-sensitivity to light, sound, taste or touch
- Highly focused interests or hobbies
- Extreme anxiety
- Meltdowns and shutdowns

Sensory overload – This is what sensory overload my look like...

Covering ears with hands, humming, going quiet or talking more, pacing back and forth, changes in voice volume or tone.

This is what it may feel like...watch [here](#)



Activity – Body awareness



Stand up on one leg, close your eyes and touch your nose



Get into pairs, high five each other, then one person stand exactly in the same place close their eyes and high five again

How did you feel after this activity?

Deaf Awareness

Seashell



What you can do when you meet a Deaf person

- Face the person while you are speaking, don't turn away
- Speak clearly without shouting
- Repeat yourself if necessary
- Never say "it doesn't matter"
- If the person doesn't understand you, don't give up!
- Write it down or draw a picture
- Speak one at a time, don't talk over each other
- Keep your mouth visible
- Smile and relax
- Don't speak too quickly or too slowly



Deaf Awareness

Many Deaf people wear hearing aids (HA) and or Cochlear Implants (CI) to help them access sound in different ways.



HEARING AID

A hearing aid is a device that a D/deaf person wears in or behind their ear to capture and amplify sound and carry it directly into the ear.



COCHLEAR IMPLANT

A cochlear implant is surgically implanted into the inner ear and sends signals along the hearing nerve to the brain where they are interpreted as sound.



Try Spelling out your name or Seashell Superhero in
British Sign Language (BSL)

A 	B 	C 	D 	E 	F 	G
H 	I 	J 	K 	L 	M 	N
O 	P 	Q 	R 	S 	T 	U
V 	W 	X 	Y 	Z 		



Or try these phrases



British Sign Language have a great app, download it to learn some more words and phrases. Seashell also provides courses in BSL, you contact us for more information.

Activities to try in the workplace

Spend an hour / half day / full day with headphones or a blindfold on or even both! Totally immerse yourself into a world of having a multi sensory impairment, relying solely on your work colleagues to guide you through your day.


























Picture Exchange Communication System

To help you understand a world of being non-verbal why not try making your own Picture Exchange communication System (PECS) and use this to communicate for the day.

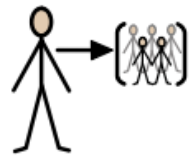
This can be done using symbols or photos that are kept in a book or on a key ring



 I want		 I see		 thank you	
 drink	 biscuit	 apple	 cake	 crisps	 banana
 book	 sand	 bricks	 pens	 farm	 puzzle
 shoe	 jumper	 trousers	 coat	 sock	 hat



Thank you



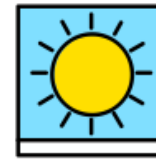
for joining in

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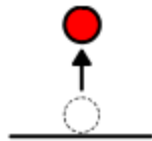
Superhero



Day



and



raising



awareness



of disabilities

Someone else would like to say 'thank you' too – add video of staff/students