



VISUAL GUIDE



ST. TAMMANY HEALTH
FOUNDATION

This gift was made possible by generous contributions
through the St. Tammany Health Foundation.

STHfoundation.org



Dear reader,

St. Tammany Health System (STHS) has created sensory backpacks designed to offer support, foster communication, and meet the unique sensory needs of autistic individuals when visiting our facilities.

On the front of each backpack, you will see our “Sully Man” icon, drawn by a local 11-year-old autistic boy who, like many, can sometimes find entering the hospital or clinic unsettling and unfamiliar. The icon symbolizes STHS's unwavering commitment to continued education, support, and dedication to promoting a safe and inclusive environment for all autistic individuals and families.

Each sensory backpack includes a pair of headphones, sunglasses, a chew sensory toy, a stretch fidget toy, visual guides, and a flyer to the STHS Autism Resource page. To develop our visual guides, we are proud to have teamed up with Kenny and Kathryn Bahr, owners of the Etsy store Once Upon a Mind, which creates accommodations for neurodivergent learners. These guides, printed and located in a folder in the sensory backpack, can be used as a communication tool to promote understanding and interaction during your appointment, as well as countdown cards to provide reassurance that there is an ending to an exam or procedure.

Our visual guides are printed on heavy cardstock for your use. For best results, laminating and binding your visual guides are recommended. Once laminated, a dry-erase marker can be used on the countdown cards, erased, and used again later, making them a resourceful tool for multiple visits. If laminating is not an option, you can find copies of the visual guides to print on the STHS Autism Resource page at <https://www.sttammany.health/autism>.

We hope you enjoy your sensory backpacks. We look forward to seeing you on your next visit.

Sincerely,

SULLY & St. Tammany Health System





YES

COMMUNICATION



NO

COMMUNICATION



STOP

COMMUNICATION



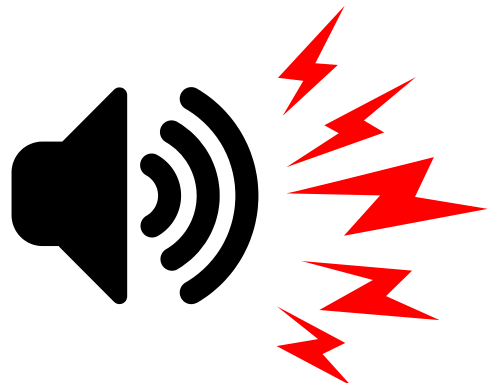
WAIT

COMMUNICATION



I NEED HELP

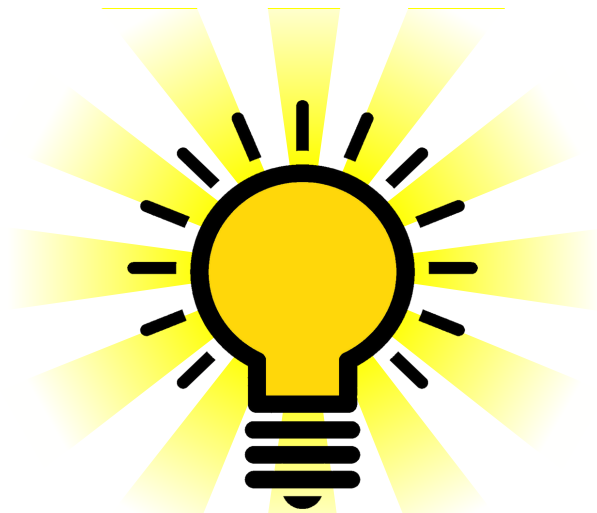
COMMUNICATION



TOO LOUD

COMMUNICATION

COMMUNICATION



TOO BRIGHT

COMMUNICATION

I FEEL



HAPPY

I FEEL ...

I FEEL



SAD

I FEEL ...

I FEEL



FRUSTRATED

I FEEL ...

I FEEL



SCARED

I FEEL ...

I FEEL



HOT

I FEEL
...

I FEEL



COLD

I FEEL
...

I FEEL

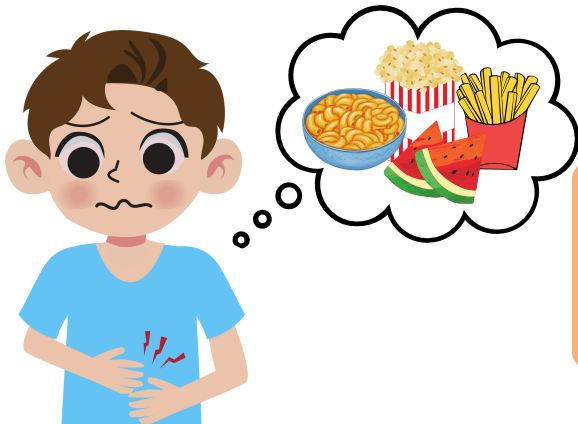


TIRED

I FEEL
...

I FEEL
...

I FEEL



HUNGRY

I FEEL
...

I FEEL



THIRSTY

I FEEL
...



RUNNY NOSE

SYMPTOMS



STUFFY NOSE

SYMPTOMS



NAUSEA / VOMIT

SYMPTOMS



SNEEZING

SYMPTOMS



COUGHING

SYMPTOMS



FEVER

SYMPTOMS



DIZZY

SYMPTOMS



HEADACHE

SYMPTOMS

SYMPTOMS



BLURRY VISION

SYMPTOMS



ITCHY

SYMPTOMS



DIARRHEA

SYMPTOMS



iPAD TABLET

I WANT
...



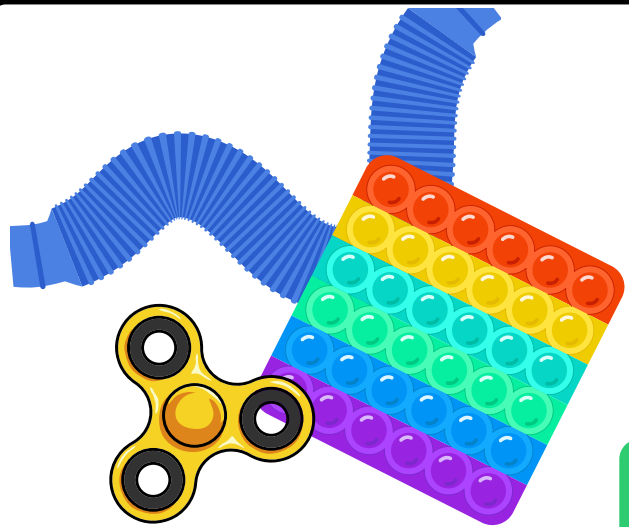
HEADPHONES

I WANT
...



SUNGLASSES

I WANT
...



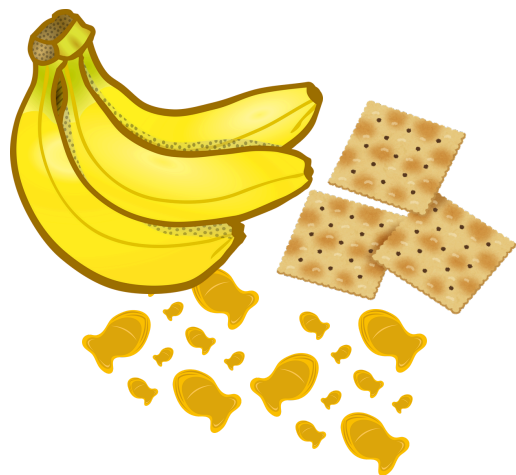
FIDGET TOY

I WANT
...



PHONE

I WANT
...



SNACK

I WANT
...



BREAK !

I WANT ...



RESTROOM

I WANT ...



TO WALK

I WANT ...



EYES

I FEEL PAIN !
Head, Ears,
Nose, Throat



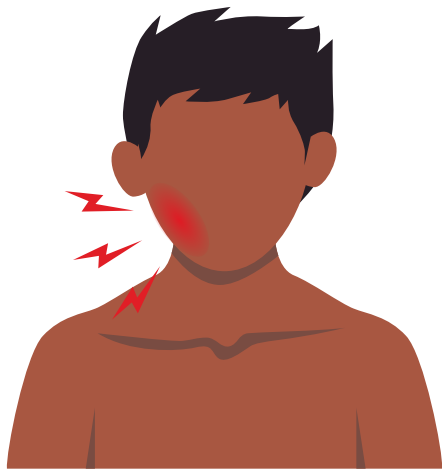
PRIVATE AREA

I FEEL PAIN !
Core body



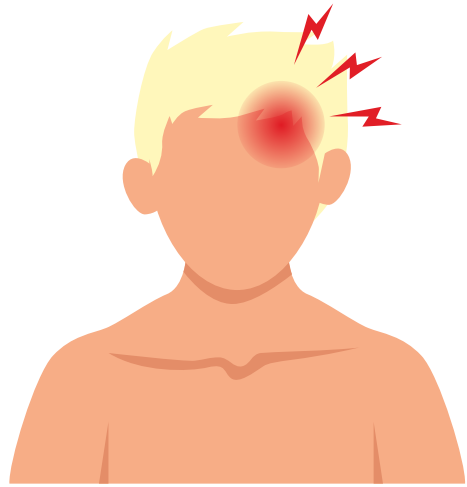
PRIVATE AREA

I FEEL PAIN !
Core body



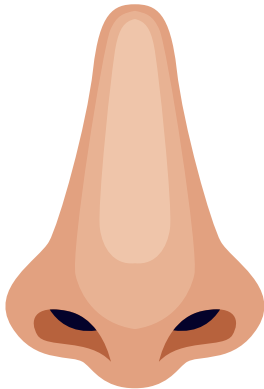
FACE

I FEEL PAIN!
Head, Ears,
Nose, Throat



HEAD

I FEEL PAIN!
Head, Ears,
Nose, Throat



NOSE

I FEEL PAIN!
Head, Ears,
Nose, Throat



EAR

I FEEL PAIN!
Head, Ears,
Nose, Throat



IN MY MOUTH

I FEEL PAIN!
Head, Ears,
Nose, Throat



THROAT

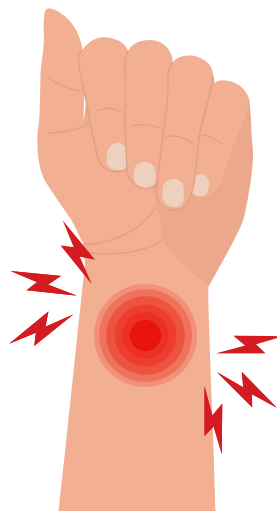
I FEEL PAIN!
Head, Ears,
Nose, Throat



FINGER

I FEEL PAIN!

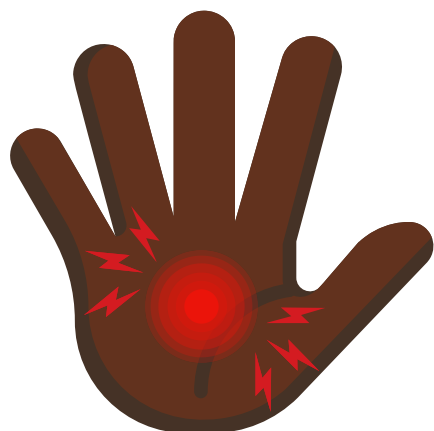
Upper
extremity



WRIST

I FEEL PAIN!

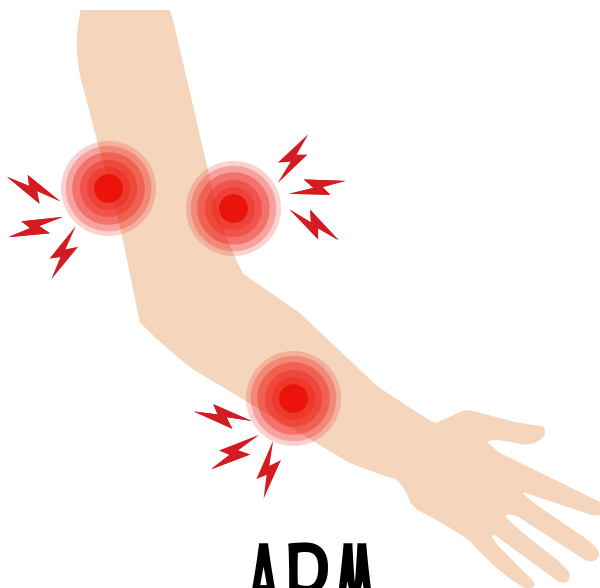
Upper
extremity



HAND

I FEEL PAIN!

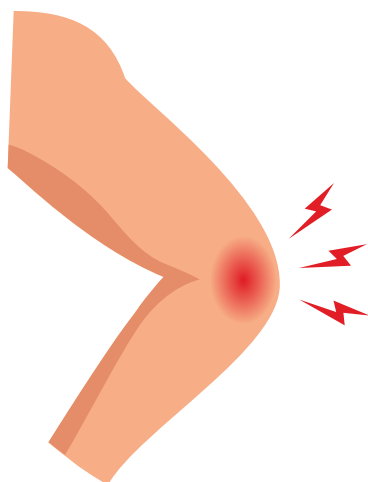
Upper
extremity



ARM

I FEEL PAIN!

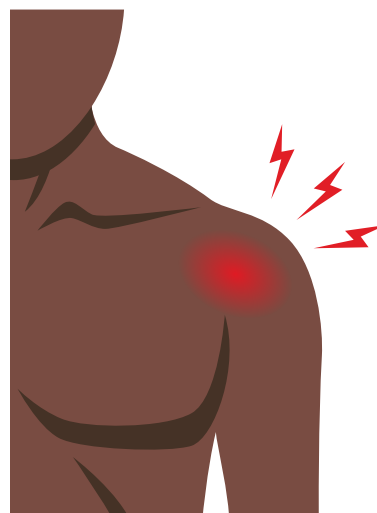
Upper
extremity



ELBOW

I FEEL PAIN!

Upper
extremity



SHOULDER

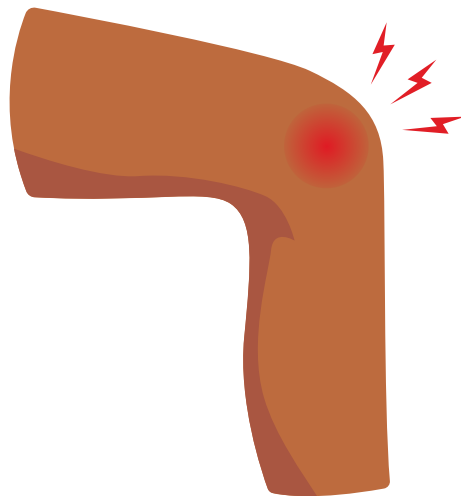
I FEEL PAIN!

Upper
extremity



HEEL

I FEEL PAIN!
Lower extremity



KNEE

I FEEL PAIN!
Lower extremity



FOOT

I FEEL PAIN!
Lower extremity



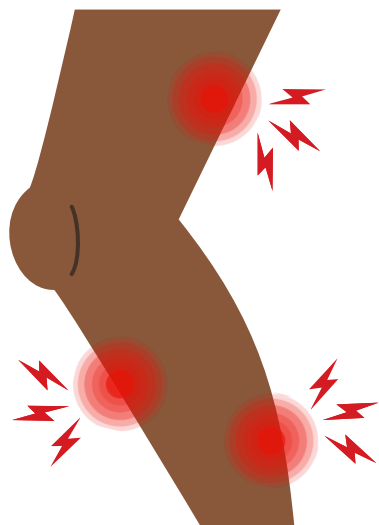
ANKLE

I FEEL PAIN!
Lower extremity



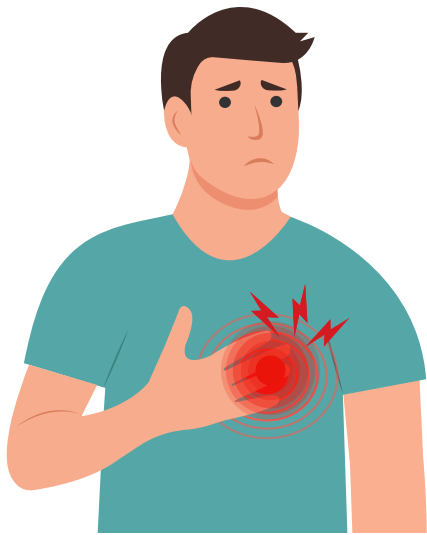
TOE

I FEEL PAIN!
Lower extremity



LEG

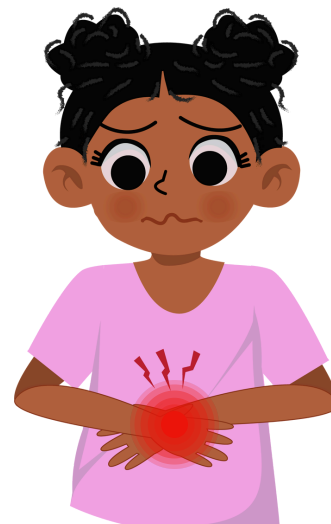
I FEEL PAIN!
Lower extremity



CHEST

I FEEL PAIN!

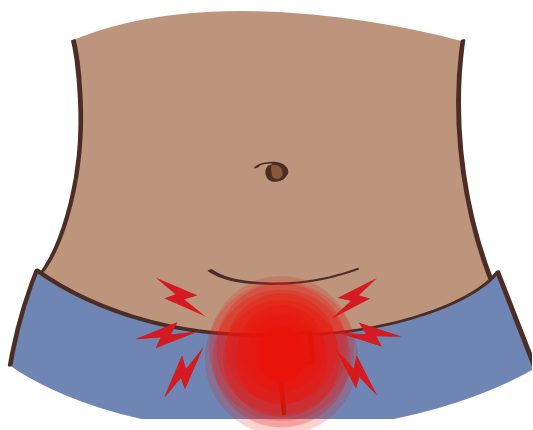
Core body



STOMACH

I FEEL PAIN!

Core body



BELOW BELLY
BUTTON

I FEEL PAIN!

Core body



ON THE TOILET

I FEEL PAIN!

Core body



NECK

I FEEL PAIN!

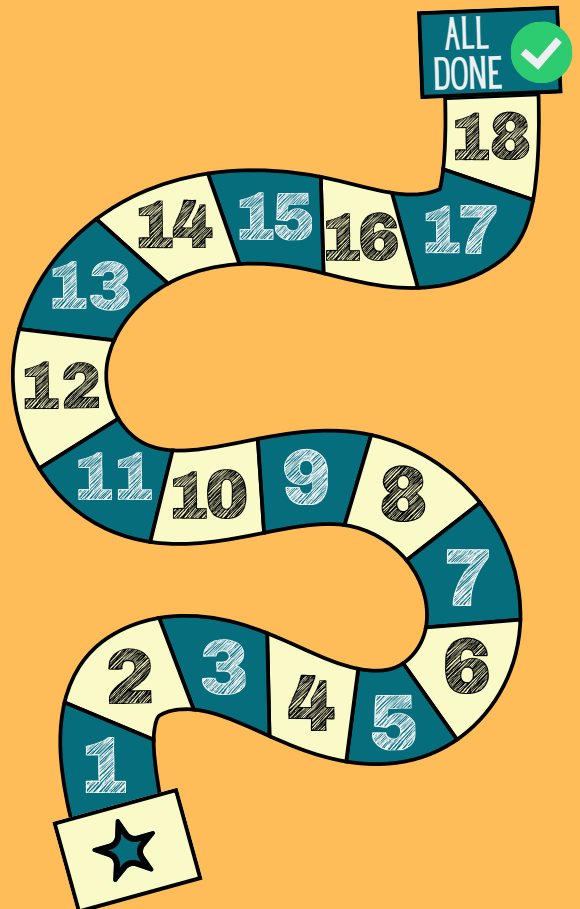
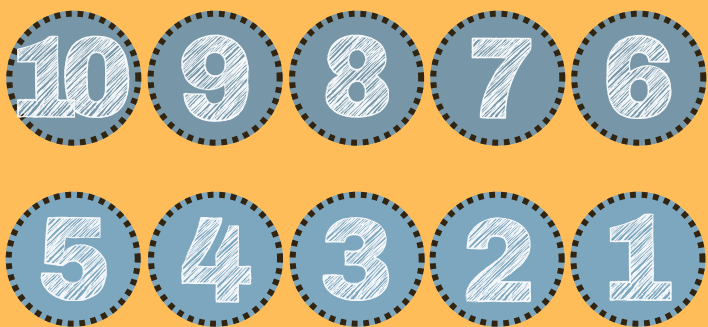
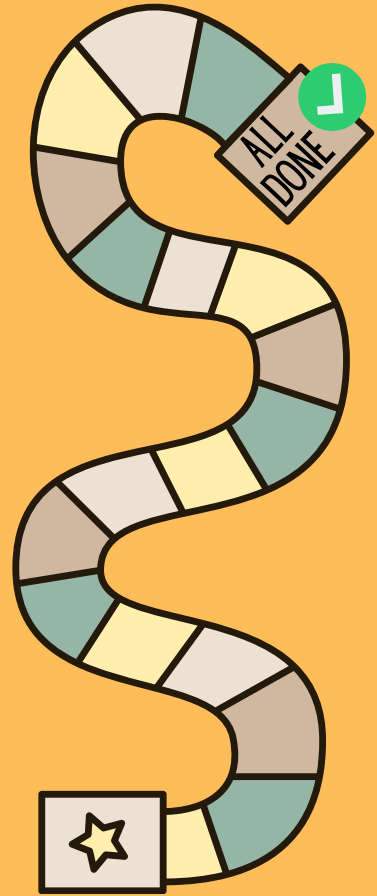
Core body

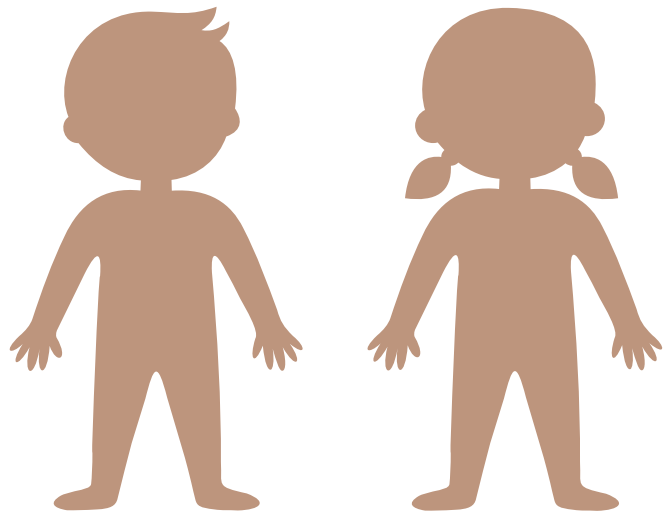


BACK

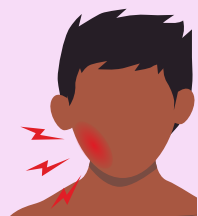
I FEEL PAIN!

Core body





WHERE DOES IT HURT?



FACE



HEAD



THROAT



EYES



MOUTH



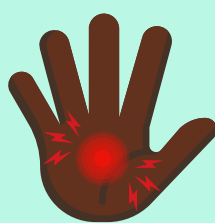
NOSE



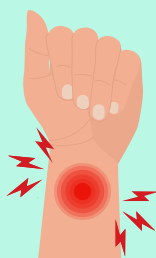
EARS



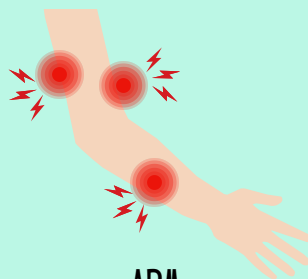
FINGER



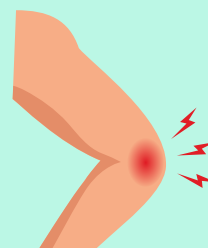
HAND



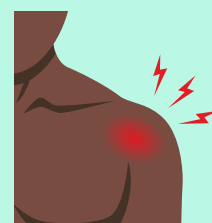
WRIST



ARM



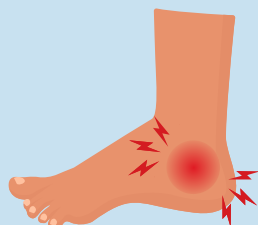
ELBOW



SHOULDER



FOOT



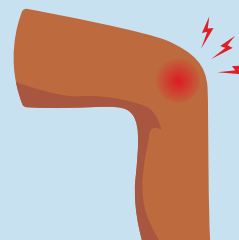
HEEL



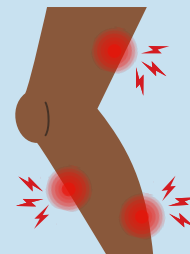
TOE



ANKLE



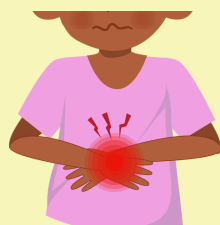
KNEE



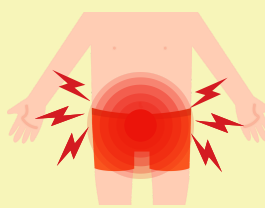
LEG



CHEST



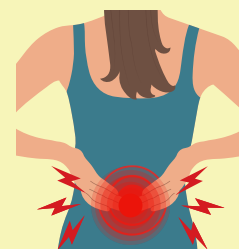
STOMACH



PRIVATE AREA



NECK



BACK



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