

Comfort Kits for People with Disabilities

Background

People with disabilities are more likely than typically developing peers to have interactions with the justice system and be incarcerated. Comfort Kits are designed to help people navigating an interaction with first responders and others in the justice system by providing calming items that can distract, soothe, and encourage focus. This can reduce negative outcomes. Kit items are easy to clean and reuse.

Kit Contents

Drawstring Bag to keep items together



Noise Cancelling Headphones to block out overwhelming noise.



Pinwheels to encourage slow, deep breaths.



Bubble Timer for soothing visual stimulation.



Sensory Chew Necklaces for oral stimulation and stress management.



Pop Fidget for repetitive, calming tactile stimulation.



Click Fidgets for auditory and tactile stimulation.



Weighted Blanket can calm a whole body down by providing gentle pressure. 10% of body weight is the ideal weight.



Resources

- <https://www.youtube.com/user/VideosatTheArcofNoVA> for a series of mini-videos on navigating justice interactions for people with disabilities
- <https://thearcofnova.org/programs-services/library/#c-j-s> for a written guide on justice statistics, rights, resources, and ideas and a card you can customize to give to an officer, as well as a template for an emergency information card
- Marcus Alert systems in your area to tag an informational profile to your address or other information (will be available throughout Virginia by 2022)