

Kisharon Langdon

The Jewish Learning Disability
& Autism Community

ACCESSIBILITY RESOURCES

You can prepare at home

ACCESSIBILITY RESOURCES YOU CAN PREPARE AT HOME

Accessibility means finding what works for you

For families who want to prepare at home

We know that every person and every family is different. Some people may find it helpful to use the Accessibility Support Box at their synagogue. Others may prefer to prepare their own resources at home and bring what they need with them. There is no right or wrong way to use accessibility resources.

Accessibility also means being able to access materials in the way that is most convenient for you and your family. You do not need to use the resources at the synagogue if it is easier for you to prepare them at home.

What can I download?

Kisharon Langdon has created a set of free resources to help families prepare for busy religious services. The resources can be downloaded, printed and laminated before the service.

1. Visual Service Guide

This is a simple guide showing what may happen during a service.

It can help someone know what to expect and make the service feel more predictable.

You can look at it together before going to synagogue and bring a printed copy with you.



2. Communication Cards

These cards can help someone communicate what they need during a service.

They include messages such as:

- I need a break.
- It is too loud.
- I need help.
- I need some space.
- I want to go outside.
- I want to come back.



You can print the cards, cut them out and laminate them before the service.

3. Preparing for a Busy Service

This guide gives families simple ideas for preparing for a busier service.

It can help you think about what might be different, what could be difficult and what might help.

You may want to think about where you will sit, where you can take a break and which sensory items you would like to bring.

You can also view a list of accessibility features of each United Synagogue community here: [Our Communities - United Synagogue](#)

Can I bring these resources to synagogue?

Yes. You can print the resources and bring them with you.

You can choose which resources are useful for you. You do not need to use all of them.

Preparing them before the service means that you have everything you need when you arrive.

What else can I bring?

You can bring any Shabbat friendly sensory or communication items that you already know work well for you.

You might find the following useful:

- **Ear defenders** can help reduce the impact of loud sounds.
- **A finger maze** can provide a quiet activity that keeps hands busy.
- **A familiar sensory item** from home may help someone feel more comfortable.
- Your own **communication cards** can help you explain what you need.



There are many different sensory tools, so choose what works best for you.

What about the Accessibility Support Box at synagogue?

If you would like to use the synagogue's **Accessibility Support Box**, you are welcome to do so.

The box contains a combined quiet fidget spinner and popper.

If you take this item from the box during the service, please return it to the box at the end of the service so that someone else can use it another time.

Alternatively, you are very welcome to bring your own sensory item from home.

Where can I find the resources?

The Kisharon Langdon resources are available on the Jewish Life section of our [website](#)

The United Synagogue also has a range of accessibility and inclusion resources. These include a guidance on making prayer services more inclusive, information about quiet spaces and an Accessibility and Sensory Toolbox.

Visit [United Synagogue Accessibility and Inclusion Resources](#)



Preparing before Shabbat or Yom Tov

Please prepare anything you would like to use during the service before Shabbat or Yom Tov begins.

This includes printing and laminating any resources you want to bring with you.

If you are unsure whether an item is appropriate to use during Shabbat or Yom Tov, please follow the guidance of your Rabbi or usual halachic authority.

Remember

You know yourself and your family best. Use the resources that are helpful to you. Leave out the ones that are not.

You can use the Accessibility Support Box at synagogue, prepare your own resources at home or do both.

Accessibility means having choices

Participation does not have to look the same for everyone.



Everyone is welcome here

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3rd Floor, 333 Edgware Road, London, NW9 6TD
kisharonlangdon.org.uk • 020 3209 1160 • info@kisharonlangdon.org.uk

