Setting up a Workspace

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Background

- Occupational Therapist for past 20 years in Trinity
    - Person, Environment and Occupation
    - 1:1 approach for UG and PG disabled students

- Lead on the TCD Sense Project in Trinity

- Have studies as an Undergraduate and PhD student here in Trinity

Workspaces

- Library (Assigned space or general library spaces)
- Assigned Space in department or elsewhere
- Lab based
- Fieldwork
- Teaching Spaces
- Group Spaces
- Home
- Other spaces – social spaces, outdoor spaces, cafes etc
- Mix of spaces – to activity or to time of day

Meeting your Needs & Preferences

- How do I work best? (Visual, Discussion, Movement, Reading, Aural)

- Where do I work best? – what are the physical & sensory characteristics of these

- Does this change over the course of a day / week?

- Is variety important?

- https://sensoryenvironmenttool.github.io/SelfAssessment/

Sensory Environment Self-Evaluation Tool

Impact of feature on my participation
Move the slider below

Move the slider below

Intermittent noise (unpredictable)
How much of this feature is present?
Move the slider below

Impact of feature on my participation
Move the slider below

Trinity disAbility Hub

Setting up Your Environment

- Physical environment (including physical access, sensory preferences) – e.g. workspace, noise, light, clutter etc.

- Virtual environment – e.g. managing distractions such as email, news, social media.

- Social environment – e.g. managing interactions with other students, our family, housemates, friends, lecturers etc.

Setting up Your Environment

- Table desk – set up

- Ergonomics - https://youtu.be/KhuJWxPXShI

- Tidiness of your workspace
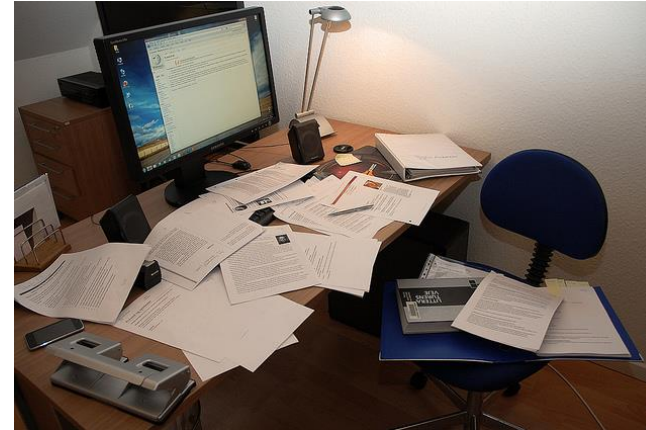
Help is there!

- Occupational Therapy consultation -
https://www.tcd.ie/disability/services/sensory-support/

- Available to all students – especially PG students using same spaces throughout time in Trinity

- College Health – Physiotherapist

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Library

- Library Floorplans - https://wagnerguide.com/c/trinitycollegedublin/berkeleylibraryold?mapfile=1758&menuid=258&searchbar=true&menu=true&entitymenus=true

- Sensory Spaces - https://www.tcd.ie/library/using-library/disabilities.php

Sensory Environments

- TCD Sense Spaces

- Sensory Map

Final Advice

- Suit your needs and preferences – physical & sensory

- Try different set ups

- Don't be tied to one type of space

- Build changes of environment into your routine

- Divide workspace from relaxation / social space where possible

- Come to talk through it