

# AUTISM EMPATHY KIT

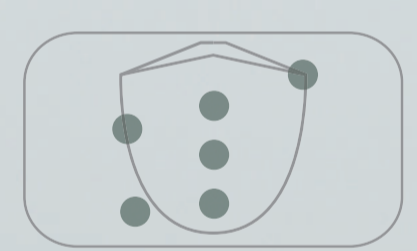
BRIDGE FOR SPEAKING

- DOWNLOAD AUTISM EMPATHY APP
- LIGHT AND COLOR HYPERSENSITIVITY
- FLOATING DUST PARTICLE
- DOUBLE VISION
- PARTIALLY BLOCKED VISION

BRIDGE FOR HEARING

- AMPLIFIED SOUND
- BACKGROUND NOISE

BRIDGE FOR SPEAKING



# Letter from the Designer

:Living a normal life



I realized that an autistic individual's sensory functions, mental processes, communication channels, and physical movements work in an entirely different way to mine: their interaction with the external environment, which is often constructed to suit the senses and the systems of normal people, may be painful and uncomfortable—a thought that had never crossed my mind. Would you be able to carry a normal conversation if you are placed in a room with painfully bright light, in which there is blaring sound, and if your tongue is glued to the ceiling of your mouth? These may be conditions under which people with autism are expected to act in accordance to social protocol.

Yet the message of this project does not undermine the importance of people with autism making equal contributions to understanding and endeavoring to get accustomed to "the world of others". Rather, my project emphasizes the need for a bidirectional effort by both parties.

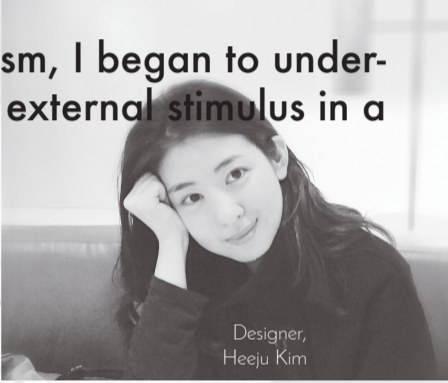
People with autism often have a deep-rooted scar from loneliness and from the alienating looks of others; thus, we must keep to each of our part to understand one another and to treat each other as we would like to be treated. To this end, I want to share my experience of how I learnt to be more empathetic with individuals with autism so that others can learn as I did to do the same.

We take it for granted that most of us, whether knowingly or unknowingly, exercise our right to be respected for our individuality on a daily basis. Yet, I feel that what we take for granted and expect as a right doesn't always apply to those with autism; people with autism are not always understood and, in some societies, are ostracized for their differences, and this by essence is an invasion of their individuality. Why have people resorted to believing autistic individuals as unapproachable? At its root, it may be because people cannot intrinsically understand them. This project aims to let people know that those with autism are normal people like you and I and to raise greater awareness of autism, so barriers to forming relationships with autistic individuals can be lowered.

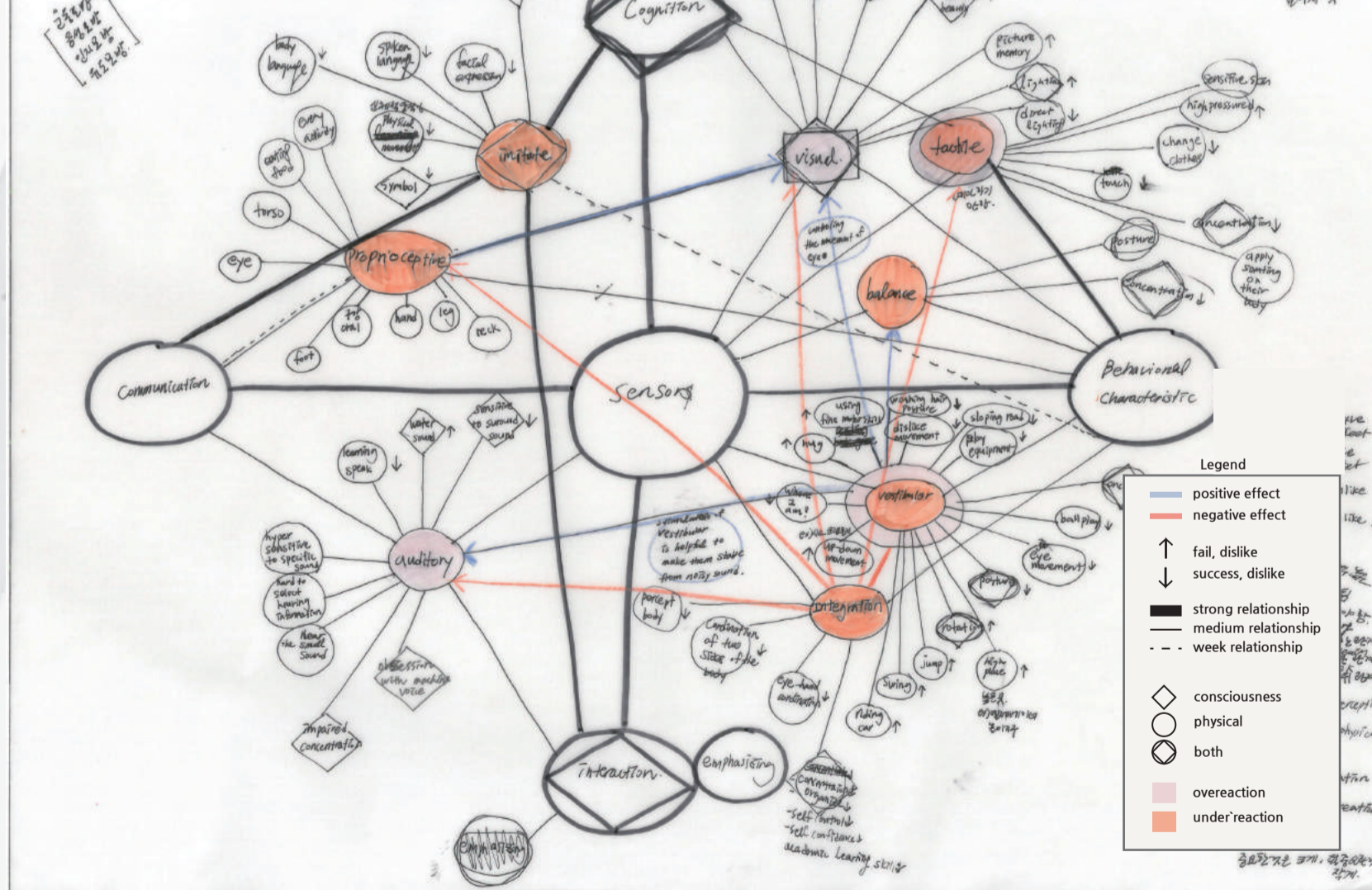
My younger brother has autism. Speaking and moving independently are herculean tasks for him. In a crowded space, he becomes excited and laughs and shouts uncontrollably. Sometimes he takes my hand and takes me to a place where only he knows with unfounded resoluteness. I love my brother sincerely and treasure the moments we spend together, yet at times it is difficult to comprehend his behavior fully and thought patterns emphatically. It has been a lifetime's task for me to do so.

As his sister for over 20 years, his inexplicable behavior has taken me to the brink of anger several times. When I was still young I often thought and was disappointed, "Why can't he be like everyone else? Just normal." My attitude didn't improve even into adulthood. I avoided spending time together and altogether refused to bring up the subject of my brother to others.

Only after being educated about autism, I began to understand that people with autism receive external stimulus in a completely unique way.



Sensory link of Autism  
Created by Heesu Kim



## BRIDGE FOR VISION BRIDGE FOR HEARING BRIDGE FOR SPEAKING



Autism may impact the eyesight of people. Seeing the world with influenced eyesight can make people feel tired, disoriented, and frustrated. So it is easy to understand why people with autism may have trouble looking you in eyes, or focusing on doing something for a long time. But it is also important to note that a lot of people with autism see just fine.

Autism can also affect hearing. Some people with autism are unable to block out sound in the way most people can do when they want to focus on something. Because they can hear every noise and sound coming from their surroundings, you often see them closing their ears or rocking back and forth in clear signs of agitation. So being in a crowded place, let alone communicating in such an environment, is difficult for them. Also, people with autism may have difficulties from insensitive hearing.

- 1 Start the Empathy Bridge application
- 2 Insert your mobile in the VR
- 3 Wear your VR
- 4 Select visual characteristics you want to experience

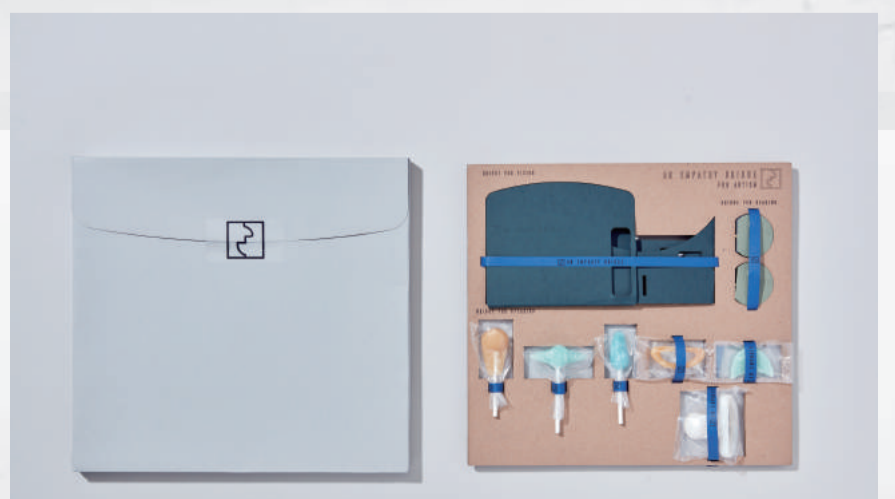
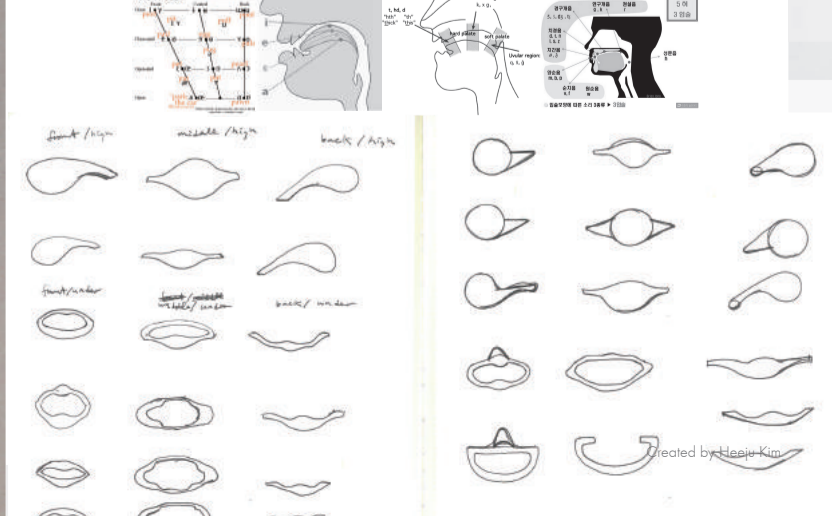
- 1 Wear your earphones and turn on the sound.
- 2 Try to have a conversation with people around you

- 1 Select the tool shape according to the part of tongue you want to restrain movement.
  - 2 Locate the tool in the appropriate place.
  - 3 Try to have a conversation with people around you
- Be cautious of swallowing the tool

Experiment...Bridge for Speaking



Research...Bridge for Speaking



Autism could impact the speech of people. Unclear pronunciation may hinder a flowing communication. Their intentions may not be conveyed well due to their pronunciation problems often causing them to become frustrated. The specific parts of the tongue that they are unable to control may vary individually. Sometimes this brings about the false impression that people with autism are unable to think coherently. But it is important to note that intelligence is an independent matter from speaking disabilities.

