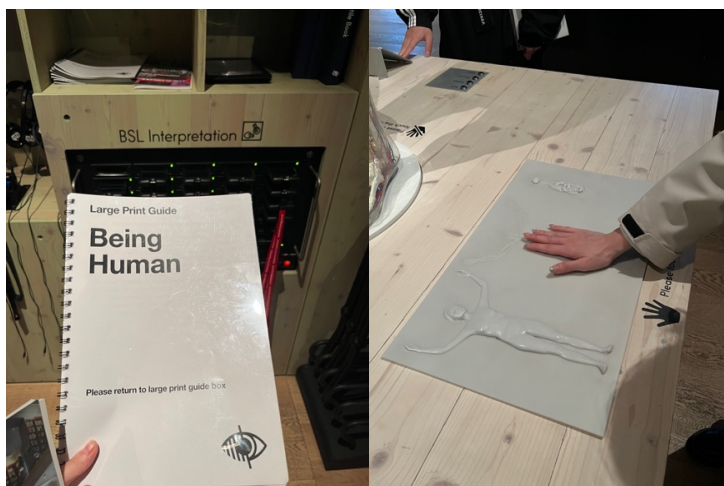


Methods of contextualising – Written Response

The exhibition is also a place that can be full of joyful experiences for people with ADHD. Our group's project proposes a more flexible and autonomous way of viewing the exhibition than the traditional tour. Through a tri-fold booklet with freely customisable insertion pages, visitors could choose in advance the room they were interested in and collect inserts representing that room into the booklet. By limiting the number of inserts available in the booklet, we forced visitors to plan their journey in advance, thus avoiding cognitive overload, decision fatigue - 'energy exhaustion'.

During the research process, we explored various approaches to creating this guide, including materials, games, colours, and oversized text. Following site visits and careful discussions, we decided to combine several of these concepts to create this interactive navigation booklet. The modular patterns and matte riso print effects, as well as tactile elements, encourage ADHD patients to connect with the space, keeping them engaged while avoiding excessive visual clutter. Finally, this exhibition guide will serve as a unique souvenir to commemorate that happy occasion.

01 Being Human, Wellcome Collection, London



The Wellcome Collection is highly accessible. 'Being Human', an exhibition with tactile brochures and panels of important works, exemplifies accessibility and inclusivity for the disabled community. This also relates to the goals of our project. They also consulted with a number of disabled people and groups to develop base prototypes based on wheelchair users' experiences to assist them in visiting the exhibition hall (Voon 2019). Many of these designs provided visitors with intuitive, concise interactions for planning their route through the exhibition, reducing the fatigue and distraction associated with long exhibition visits.

Our group's project was heavily inspired by this, and it served as a solid foundation for our proposal, 'Let's plan the visitor route'. The Wellcome Collection has created actual large-scale facilities to be installed in the pavilion. My project, on the other hand, used an interactive guidebook to encourage people with ADHD to plan ahead of time which rooms they wanted to visit before moving around. In my opinion, this is a much more personalised idea that can be tailored to a specific group of people with disabilities. A format like a 'booklet' is also more cost effective and convenient.

02 Finnegan Shannon



Improving accessibility in public areas is the goal of this Finnegan Shannon project. One of his masterpieces, this set of blue benches addresses the dearth of seating in certain art areas (Shannon 2024). His goal was to create subversive accessibility in order to foster solidarity among people with disabilities. It also serves as an illustration of how crucial inclusive spaces are. Some of the concepts for our project, which was to rethink navigating the exhibition and designing customised spaces, were heavily influenced by Shannon's work. Additionally, the chairs themselves serve to promote restful sleep, which also lowers barriers within the space. Simple phrases like "rest here, if you agree" facilitate a more individualised, comfortable experience and accommodate various visitors' viewing habits. So I was also thinking about how our project would be really a bit difficult to produce if we wanted to design physical amenities. An exhibition guide that can be carried around is still the best choice. At the same time, this project prompted us to think about an exhibition experience that balances the diversity of individuals with the enrichment of their knowledge.

03 Sick Woman Theory

This <Sick Woman Theory>critically describes the experiences of certain groups of people who have been marginalised by society due to their chronic illnesses or disabilities. The loneliness of ill and disabled people who might not be able to demonstrate or be "seen" was something I sensed from Hedva's story (Hedva 2020). Her description of her illness and experience enables us to empathise with her. "If I had a disease or disability, how would I respond?" We must acknowledge and include these groups because of her intense feelings. This implies that in every situation, special groups' needs should be given careful consideration. I associate this with the joyful experience of seeing an exhibition, where our goal is to make such groups with illnesses or disabilities feel like they are experiencing the right tools for accessibility. This also made us think about the connection between multi-sensory experiences for different disability groups.

04 Rest Fast Festival

Although it has nothing to do with our project specifically, this reference provides us with some thorough concepts about how it functions. Minorities, including those with disabilities, can access the festival, which primarily consists of virtual events and online gatherings. They can engage in artistic and social pursuits while remaining in the convenience of their own surroundings. Three essential terms are community, personalisation, and virtual platform. Can we look at some digital options if our project output isn't just paper products? Or perhaps we could create a small program similar to this platform that users can use to provide feedback on their actual feelings and usage after completing the manual? It's like a suggestion box after visiting an exhibition, ideally all displayed for viewers to interact and share. Ideas like this that are online and allow for flexible patient engagement are also well worth thinking about.

05 Spoon Theory

The <Spoon Theory> explains how energy management affects daily activities. It generally refers to the chronically ill and disabled community, which must plan ahead of time and wisely allocate their energy and activities throughout the day (Miserandino 2017). But the analogy has also spread throughout the disability community. As I learnt more about it, I realised that it was similar to the situation of people with ADHD, who are known for struggling with distraction and decision-making fatigue in their daily activities. This means that when they visit an exhibition, they may not be able to see every gallery. The same member of the group asked his ADHD friend to respond the same way. Therefore, the traditional layout of the exhibition becomes somewhat rigid. Without targeted navigation, people with ADHD are likely to run out of 'spoons' before engaging with parts of the exhibition.

As a graphic designer, providing a fun and flexible navigation solution for an exhibition is the most direct intervention. This solution is not just a physical convenience, but a more unique and enjoyable experience.

06 Colour Perception in ADHD

The article <Colour perception in ADHD> supports our decision about colour, as the authors have argued after a series of experiments that people with ADHD have an increased sensitivity to colour, which therefore leads to an inability to focus or cognitive overload in complex visual environments (Banaschewski T, et al., 2006). This perspective was important to our group's research design. It directly required us to minimise the use of colours in the design of the navigation manual and to avoid cluttered, vertigo-inducing colour schemes. We also investigated that blue is a calming, focusing colour (Walker 2024). Ultimately, we decided to make blue, pink, and black our primary colours. Black is used as a standard colour, pink is linked to particular exhibitions, and blue is linked to individuals with ADHD. Since our design guidelines aimed to empower the ADHD community to make decisions on their own, it was crucial to balance the visual motifs' clarity with a certain amount of fun.

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