

SPD MECHANICS

These mechanics were developed for characters with Sensory Processing Disorder (SPD) in Dungeons & Dragons. This takes symptoms and turns them into usable mechanics for gameplay. These are designed to work with our Stress Point System.

STATS

Acute Hearing: Characters have Advantage on Perception checks related to hearing.

Poor Motor Coordination: Characters have Disadvantage on Dexterity saving throws.

High Pain Tolerance: The character (if a spellcaster) gets the Battlemage feat.

Light Sensitivity: The character has disadvantage on Perception checks when in bright sunlight.

TOUCH AVERSION

Players may choose if their character is touch averse - whether relating to people touching them, just strangers, or textures. This appears in each person differently, in lots of combinations. Decide if and what your character would be touch averse to. If they encounter this texture, or have this touch aversion trigger happen, the character gains +1 stress point.

MELTDOWNS & SHUTDOWNS

Meltdowns and Shutdowns are different, but use similar mechanics for determining when they happen. You may choose which your character is more prone to, or choose which happens depending on the situation. You must subtract however many stress points the character currently has from the roll. If a character has a meltdown or shutdown in combat and fails their save, they are unable to move, attack, or make reactions.

Meltdowns: If encountering a lot of sensory triggers, this can trigger a meltdown. Large or loud crowds, specific painful sounds, being touched - may lead to this condition. If the character encounters one of their sensory triggers to an extreme, the character must make a straight d20 roll. The DC is 15. Failure of a save results in disadvantage in all checks and saving throws.

Shutdowns: Similar to meltdowns but with a different outcome. If encountering a lot of sensory triggers, this may lead to a shutdown. The same criteria as for a meltdown, the character must make a straight d20 roll. The DC is 15. Failure of a save results in the character being nonverbal, and has disadvantage on Perception and Wisdom checks and saving throws.

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If your character hits **5 stress points** it will automatically trigger a meltdown or shutdown, regardless of the presence of bad sensory triggers or not. The DC is 15. Succeeding this saving throw will put the character back down to **3 stress points**. Failing results in either the meltdown or shutdown failures - depending on which you chose to happen.

OVERSTIMULATION

Overstimulation does not necessarily cause a meltdown or shutdown. This instead goes by a range of DC saves when encountering sensory triggers. These use straight d20 rolls. You must subtract however many stress points the character has currently from the roll.

DC 5: The character experiences a very mild trigger, such as touching a bad texture for a short moment or having someone briefly touch them without warning. Failure of this save means the character has Disadvantage on Perception.

DC 10: The character experiences a mild trigger for a longer amount of time, or a stronger trigger for a short period of time. Failure of this save means the character has Disadvantage on Perception and Insight.

DC 15: The character experiences a strong trigger and is unable to avoid or get away from it quickly. Failure of this save means the character has Disadvantage on Perception, Insight, and Wisdom checks/saving throws.

DC 20: The character experiences a bad trigger, with no possibility of avoiding it or getting away. Failure of this save means the character has Disadvantage on Perception, Insight, Wisdom checks/saving throws, and Intelligence checks/saving throws.

CONDITIONS & AFFECTS

Conditions have sensory consequences that may not be as extreme to others, but to characters with SPD, they can be severe. Having any of the following conditions add stress points.

Blinded: +1 Stress Point

Deafened: +1 Stress Point

Frightened: +1 Stress Point

Stunned: +1 Stress Point

Grappled: +2 Stress Points

Paralyzed: +2 Stress Points

Restrained: +2 Stress Points

REFERENCES & CREDITS

All works are carefully researched for authenticity and realism, and disabled individuals are consulted throughout the process. A lot of people reviewed these mechanics to give feedback. Primarily, the team:

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