

Rehearsal Considerations: Information for Collaborators, PAs, & Performer

The following is a list of considerations and actions that can make rehearsal more accessible and less taxing for Miranda.

Timing Considerations:

- Rest time upon arrival and before departure.
- Alternate mental work, physical work, and total rest breaks.
- Start rehearsal by planning, or reviewing the plan, for the rehearsal. If possible, display the itinerary.
- Use timers/alarms or a stage manager to support breaks.
- Retain a degree of flexibility to deviate from the plan as necessary for longevity.

Communication Considerations:

- Avoid multiple voices at once.
- Avoid interrupting and talking over each other.
- Try to be considerate of volume (except when abandon is necessary for the work.)
- Try to use clear language about goals and tasks.

Space Considerations:

- Lighting
 - Are there any options for adjusting the level &/or direction of the light?
- Sound
 - Are there competing background sounds & can they be reduced?
 - Is there a lot of echo in the room? Are there any options to manage that?
 - Are there separate conversational and quiet break spaces available?
 - Avoiding sudden/unexpected loud sounds when possible.
- Clean floors for lying on.
- Is there a toilet relatively nearby and is it accessible without the use of stairs?

Rest Considerations:

- **Physical rest** means zero physical exertion. For Miranda physical rest requires lying down or reclining with feet up, as sitting & standing are exertion. Mental work such as conversation or typing may be possible.
- **Mental rest** means zero mental exertion. This usually means no conversation or otherwise interacting with information. Mindless physical tasks may be possible. Reduced sensory stimulus is helpful.
- **Total rest** is the most effective and efficient rest. Total rest means lying down quietly in the dark without conversation or other stimulus for 5-20 minutes, IE: with an eye mask and earplugs. Please support total rest by reducing noise & NOT making conversation.

Other:

- Miranda will need to snack and hydrate often.