Designing for users with cognitive disabilities

| DO | DON'T |
|---|--|
| Let users have control of the contrast and colours on the screen. | Overload the user with too much info at once. |
| Align text to the left, keep a consistent layout and use a sans-serif font at a min 12pt. | Write large walls of complex text. |
| Keep content short, clear and simple. | use complicated words or figures of speech. |
| Use images and diagrams to support text and complex ideas. | Increase cognitive load by requiring users to recall info. |
| Use simple colours and coloured paper like yellow or pink. | Use bright and contrasting colours stimulation overload. |
| Use multi-modal materials like audio and video. | Rush users or set short time limits to complete tasks. |