

Sensory Supports at Home

SENSORYGIFT

practical support, less overwhelm

A simple plan for what to try, when to try it, and what to notice.

START SMALL

Choose the few supports that matter most right now - not every strategy you know.

THIS PLAN IS FOR

PREPARED WITH / BY

REVIEW DATE

1 PRIORITY MOMENT 1

WHEN / SITUATION

WHAT TO TRY

WHY / WHAT IT SHOULD HELP WITH

HOW TO OFFER IT

CHOICE / ADJUST / STOP CUE

2 PRIORITY MOMENT 2

WHEN / SITUATION

WHAT TO TRY

WHY / WHAT IT SHOULD HELP WITH

HOW TO OFFER IT

CHOICE / ADJUST / STOP CUE

3 PRIORITY MOMENT 3

WHEN / SITUATION

WHAT TO TRY

WHY / WHAT IT SHOULD HELP WITH

HOW TO OFFER IT

CHOICE / ADJUST / STOP CUE

WHAT SHOULD I REPORT BACK?

You do not need a perfect log. Notice the response and add context only when it matters.

☐ Helpful☐ No change☐ Not sure☐ Made things harder☐ Not tried☐ Tried - no clear outcome

SHORT NOTE / CONTEXT

1 Offer, do not force.

Choice and consent matter. A support can be adjusted or declined.

2 One hard day is not the whole story.

Look for patterns across real-life use instead of one perfect or difficult attempt.

3 Safety overrides tracking.

Stop and follow your clinician's guidance for pain, marked distress, dizziness, breathing difficulty, or other safety concerns.