

Autism Friendly

HOME SENSORY CHECKLIST

VISUALS

QUESTION

CURRENT SITUATION

POSSIBLE SOLUTION

Is space within the home clearly defined e.g. work space, play space, sleeping area?

Are there visual reminders of the purpose of each space e.g. sign, picture, the presence of a specific object such as a time?

Is there a clear, visual schedule for each day to enable the person to plan and self-regulate?

Are spaces kept as clear and clutter free as possible to avoid visual overload and to aid concentration?

Do you prepare, using visuals or social stories, for any change in the environment e.g. the painting of a room or moving furniture around?

Is there fluorescent lighting in your home? Is this lighting regularly checked or changed? Can an alternative such as a lamp be used?

Are there many reflective surfaces in your home e.g. ponds, mirrors, glass

Are distracting patterns in lighting e.g. the sun shining through blinds, kept to a minimum?

Where appropriate are tasks or chores written out or photographed instead of rote instruction?

Are any dangers clearly highlighted to avoid accidents eg. The kettle is hot

cont...



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NOISE & HEARING

QUESTION	CURRENT SITUATION	POSSIBLE SOLUTION
Are carpets or rugs used to minimise noise levels in the home?		
Are there any sounds which a hypersensitive person may find distracting or overloading such as ticking clocks, road noises or household equipment		
When cleaning squeaky surfaces do you minimise the noise, give warning in advance and reduce the noise by choosing an appropriate cleaning fabric?		
Are people mindful of the tone and volume of their voices?		
Are there quiet spaces within your home which a person can go to if needed?		
Do you have tools such as ear plugs so that you can participate in social activity but also reduce background noise?		
Is background noise minimised? E.g. radio is off when people are having a conversation or doing work		
Are alarms or other alerts within the household managed and minimised? Has the person been supported in learning strategies to manage when these noises do occur?		

cont...



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BALANCE, COORDINATION & MOVEMENT

QUESTION	CURRENT SITUATION	POSSIBLE SOLUTION
Is there spaces in which a person can safely stim and self-regulate?		
Are hallways and other areas free of clutter to avoid accidents?		
Are there designated times in the schedule for movement breaks such as a walk or to play kicking a ball outside?		
Are there opportunities to self-regulate such as using a trampoline, punching bag or swing?		
Is there support tools to help where balance is difficult e.g. a tray to carry tea on?		
Are objects within the home easy to use for someone with coordination difficulties e.g. are knots and zips kept to a minimum (except where this serves a safety function)		
Are hard or sharp surfaces covered or minimised to avoid accidents?		

cont...

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EXIT & WITHDRAWAL OPTIONS

QUESTION	CURRENT SITUATION	POSSIBLE SOLUTION
Are there agreed signals for when a person needs to leave a situation or have quiet time?		
Is there a safe, easy to access space within the home that a person can go to if they are feeling overwhelmed?		
Is there access to sensory tools to help a person to self regulate? E.g a fidget toy		
Does everyone within the home understand and respect why a person may need space?		

cont...

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SMELLS & TASTES

QUESTION

CURRENT SITUATION

POSSIBLE SOLUTION

Are cleaning or hygiene products odorless and tasteless?

Is a person able to avoid intense smells?

Are smells kept to defined areas of the home in so far as possible e.g food is eaten in the kitchen, deodorant is sprayed within the bathroom

Do people wear very strong fragrances or deodorants?

If a person has eaten a strongly smelling food do they brush their teeth?

When painting or decorating do you consider the possible odours in advance?

cont...



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SMELLS & TASTES

QUESTION

CURRENT SITUATION

POSSIBLE SOLUTION

Do you have visual tools which a person can use to pinpoint pain or discomfort in their body should they be feeling unwell?

Is hard seating minimised?

When physical contact is required do you demonstrate in advance e.g washing hand

When selecting household furniture or décor do you consider the sensory preferences of the people within your home?

cont...



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