

ABOUT _____'S SENSORY NEEDS

My strengths, interests and what I care about

Known triggers during _____

Give me more

Give me less

What I'm currently learning or working on

How to communicate with me

How I communicate distress

How to support me during my recovery periods

HOW TO FILL IN ABOUT _____'S SENSORY NEEDS

My strengths, interests and what I care about

THIS IS THE PART WHERE ALL OF THEIR BRILLIANCE CAN SHINE. WHAT DO THEY LOVE? WHAT ARE THEY GREAT AT? WHAT IS IMPORTANT TO THEM?

Known triggers during _____ SPECIFIC ACTIVITY

WHAT DO WE KNOW SPECIFICALLY IS CHALLENGING FOR THEM DURING THIS PARTICULAR ACTIVITY? IDEALLY, WE WANT TO FOCUS ON ONE ACTIVITY AT A TIME. E.G. CHANGE IN BEDTIME ROUTINE

Give me more

WHAT STRATEGIES AND SUPPORTS SHOULD WE AIM TO GIVE THEM DURING THIS TIME. E.G. MOVEMENT BREAKS, HEAVY WORK, NOISE REDUCING HEADPHONES

Give me less

WHAT INPUTS OR CHALLENGES CAN WE CONTROL, REDUCE OR MAKE EASIER FOR THEM? E.G. NOISE, VISUAL CLUTTER, INSTRUCTIONS, DEMANDS

What I'm currently learning or working on

WHAT ARE SOME SPECIFIC SKILLS THAT ARE REALLY IMPORTANT FOR US TO CONTINUE TO BUILD RIGHT NOW? TRY TO BE SPECIFIC. E.G. USING MY LEARNED PHRASES TO COMMUNICATE THAT I DO NOT LIKE A SPECIFIC SENSORY INPUT

How to communicate with me

WHAT ARE THEIR COMMUNICATION PREFERENCES? THINK ABOUT NOT ONLY THE WORDS WE USE, BUT HOW WE USE THEM. OR WHAT TO USE WHEN VERBAL LANGUAGE IS NOT PREFERRED OR IDEAL. E.G. GESTURES, 2 WORD PHRASES, AAC

How I communicate distress

HOW DO THEY LET US KNOW THAT THINGS ARE CHALLENGING OR OVERWHELMING FOR THEM? OR THAT THEY NEED SUPPORT?

How to support me during my recovery periods

WHAT CAN WE BE DOING SPECIFICALLY TO HELP THEM TO FEEL SAFE, CONNECTED AND TO CALM THEIR NERVOUS SYSTEM AFTER A PERIOD OF DISTRESS? E.G. REDUCING DEMAND, PROVIDING SPECIFIC ITEMS, ETC