

Sensory Care Plan: Home Environment

Person Details:

Sensory-modulation-brisbane.com

The **Sensory Care Plan** is designed to help identify:

- known triggers and early signs of distress
- sensory based interventions to alleviate stress and agitation and promote calm

Signs of Distress: (please tick changes in behaviours that can indicate increased stress or agitation)

	Crying out/ Moaning		Wandering (exits, other rooms)		Increased confusion
	Shouting/ swearing		Grimacing/ yawning / lip smacking		Reduced energy levels
	Increased Stims		Pacing		Increased energy levels
	Rocking or shaking		Hitting out		Changes in continence
	Wringing hands		Activity refusal (ie self care)		Throwing things
	Grabbing at people		Rubbing / scratching limbs		Head banging
	Blocking out light eg sunglasses, hood, blinds down		Blocking out sound eg headphones, hands over ears		Not wanting to leave the room

Known factors to increase Distress:

	Physical – sleep, pain, hunger, constipation		Assisted movement – transfers, moving with pain
	Times of the day – people leaving, bedtime		Particular memories/ associations
	Daily routine: self care, showers, tooth brushing, toileting, dressing changes.		Medical procedures – taking temperature, blood tests, Covid Tests
	Certain noises – laughing, loudspeakers, Alarms, sirens, helicopters, moaning		Leaving home, car trips, certain places.
	Certain odours – faeces, cleaning products, sweat		Other –

Sensory Preferences

Sound Preferences: (please record particular likes and dislikes)

	Like	Dislike		Like	Dislike
Increased volume of noise			Playing an instrument		
Lower volume of noise			Sounds of nature		
Background/ white noise			Guided relaxation exercises		
Using earplugs/ earphones			Singing / Humming / Whistling		
Listening to music What type? Rock, Classic, Opera, Gansta, Pop, Country, Metal?			Other –		

Sight Preferences: (please record particular likes and dislikes)

	Like	Dislike		Like	Dislike
Familiar items (eg- photo, religious/ cultural symbol)			Particular books / magazines / puzzles / card games		
View or pictures of nature			Watching a movie or television		
Flowers/ pot plants			Dim or subdued light		
Certain colours (which ones?)			Brighter or natural light		
Open / closed curtains/blinds			Bare walls or uncluttered spaces		
Busy environment			Other –		
Less Busy environment					

Taste and Smell Preferences: (please record particular likes and dislikes)

	Like	Dislike		Like	Dislike
Warm drink			Blowing bubbles, balloons		
Cold drink					
Ice or slushy drink			Sucking through a straw		
Chewy or crunchy foods			Particular scents or fragrances		
Chewing things (pens, lollies)			Smell of flowers or herbs liked		
Particular flavours/ tastes liked			Smell of flowers or herbs disliked		
Particular flavours/ tastes disliked			Other:		

Touch, Body & Movement Preferences: (please record particular likes and dislikes)

	Like	Dislike		Like	Dislike
Exercises/ stretches			Sleeping under heavy blanket		
Pacing/ walking /moving body			Hugging a pillow or other item		
Firm touch like massage			Having hair brushed/ styled		
Keeping hands busy			Busy activities/ environments		
Going for walks			Riding in vehicles, lifts, trains		
Gardening			Being alone/ in own company		
Dancing			Air temperature – cool or warm		
Human contact/ touch			Cool shower or cool gel pack		
Rocking/ tilting on chairs			Warm shower or warm pack		
Swinging/ hammock, egg chair					
Squeezing things in hands			Craft – knitting, drawing		
Calming breathing			Participating in group activity		
Tight clothing/ firm shoes			Writing/ doodling		
Wrapping self in blanket/ shawl			Other –		

Anja Hoogendijk contributed to this document

Book:

Sensory Modulation Resource Manual:

Paperback: Book Depository

Ebook: Amazon

Online Training:

On Demand pre recorded videos and other training on: sensory-modulation-Brisbane.com

Contacts:

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sensory-modulation-Brisbane.com

Media:

[Facebook.com/sensorymod](https://www.facebook.com/sensorymod)

Insta: [sensorymodulationbrisbane](https://www.instagram.com/sensorymodulationbrisbane)

Sensory Care Strategies to Promote Calm and Reduce Distress:

Strategy	When to use	How to use

Notes:

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Book: Sensory Modulation Resource Manual: Paperback: Book Depository Ebook: Amazon
Online Training: On Demand pre recorded videos and other training on: sensory-modulation-Brisbane.com
Contacts: Sensorymodulationb@gmail.com sensory-modulation-Brisbane.com
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