

Sensory-Friendly Home Environment Checklist

Assess and optimise your home environment to reduce overwhelm and support nervous system regulation for neurodivergent children.

Name: _____ Date: _____ Clinician: _____

Purpose: The home environment significantly affects nervous system regulation for neurodivergent children. Small, intentional modifications to sensory input can dramatically reduce overwhelm, meltdowns, and dysregulation. This checklist helps you assess and optimise your home environment.

VISUAL ENVIRONMENT

Lighting

- Natural light available in main living areas In place ■ Needed ■ N/A ■
- Option to dim lights when needed In place ■ Needed ■ N/A ■
- Fluorescent bulbs replaced with warm-toned LEDs where possible In place ■ Needed ■ N/A ■
- Visual clutter minimised in key areas (bedroom, workspace) In place ■ Needed ■ N/A ■
- Calm, low-stimulation colours in bedroom In place ■ Needed ■ N/A ■

AUDITORY ENVIRONMENT

Sound management

- Quiet spaces available in the home In place ■ Needed ■ N/A ■
- White noise machine or fan available for bedroom In place ■ Needed ■ N/A ■
- Noise-cancelling headphones accessible to child In place ■ Needed ■ N/A ■
- Household noise managed during high-demand times (homework, transitions) In place ■ Needed ■ N/A ■
- TV/music volume kept at comfortable level In place ■ Needed ■ N/A ■

TACTILE & MOVEMENT

Body-based needs

- Comfortable, non-restrictive clothing options available In place ■ Needed ■ N/A ■
- Weighted blanket or deep pressure tools accessible In place ■ Needed ■ N/A ■
- Movement space available (room to rock, spin, jump) In place ■ Needed ■ N/A ■
- Fidget tools accessible throughout the day In place ■ Needed ■ N/A ■
- Designated calm-down space with comfort items In place ■ Needed ■ N/A ■

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ROUTINES & PREDICTABILITY

Structure & transition support

- | | |
|--|--|
| <input type="checkbox"/> Visual schedule posted for daily routine | In place <input type="checkbox"/> Needed <input type="checkbox"/> N/A <input type="checkbox"/> |
| <input type="checkbox"/> Transition warnings given (5 min, 2 min, 1 min) | In place <input type="checkbox"/> Needed <input type="checkbox"/> N/A <input type="checkbox"/> |
| <input type="checkbox"/> Consistent mealtimes and bedtime routine | In place <input type="checkbox"/> Needed <input type="checkbox"/> N/A <input type="checkbox"/> |
| <input type="checkbox"/> Child has some predictable choices within the structure | In place <input type="checkbox"/> Needed <input type="checkbox"/> N/A <input type="checkbox"/> |
| <input type="checkbox"/> Changes to routine communicated in advance | In place <input type="checkbox"/> Needed <input type="checkbox"/> N/A <input type="checkbox"/> |

REFLECTION & INTEGRATION

The most impactful change I can make to our home environment right now:

Modifications that would require more time or resources — my plan:
