

Sensory tools and accommodations

Try One Sensory Access Adjustment

Adults and teens 13+ | 10 to 15 minutes

Noise, light, movement, temperature, clothing, or seating can affect how a setting feels. Choose one activity you want to make more accessible. Different people need different conditions. This page helps you choose an adjustment; it does not require tolerating distress or buying a specific sensory product.

Choose one setting and one change you want to try. Decide how to pause and what result would matter to you.

Describe the sensory fit

Name what feels uncomfortable or helps you stay engaged. Consider whether you need less input, more input, a different kind, or greater control. Include what can actually be changed in the setting and whether asking for help is safe.

Review the whole effect

A change might involve seating, lighting, a quiet break, or a preferred movement option. Notice comfort, effort, and participation, including unwanted effects. Stop or revise a change that hurts, increases distress, or interferes with important communication or safety information.

1. What activity and sensory conditions am I considering?

2. What input or level of control would fit my needs better?

3. What one adjustment can I try or request?

4. How will I notice benefit, unwanted effects, or a need to stop?

Clinical use and adaptation

Individualize rather than prescribe a sensory diet or universal calming tool. Consider hearing, vision, pain, mobility, and environmental safety. Seek qualified occupational, medical, or other assessment when needed. Do not require exposure, suppress harmless movement, or make access conditional on diagnosis disclosure.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: R07, R20, R28, R11. Full sources are in the online preview and collection appendix.

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