SENSORY AND EMOTIONAL REGULATION

Home Sensory Audit Checklist

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A room-by-room checklist for noticing sensory load at home, and small changes that might make daily life easier.

This is general information, not occupational therapy, medical or mental-health advice. If a child has a sensory programme from a professional, follow that first. Stop any activity that causes pain, dizziness, distress, or seems unsafe.

Who this is for

Families who want a structured way to look at light, sound, touch, smell, movement and demand at home.

What is inside

- How to use an audit kindly
- Checklists for shared spaces
- A change planner

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Notice, then change one thing at a time

An audit is a way of looking, not a score. Walk through the home at the times that are already hard — mornings, homework, mealtimes, bedtime — and write what you notice. Involve the person if they want to help. Change one or two things and review, rather than redesigning the whole house at once.

Arriving home, and shared spaces

- [ ] Noise levels, overlapping sounds, and whether there is a quieter place to go
- [ ] Light, flicker, brightness, and whether sunglasses or dimmer options exist
- [ ] Clutter, visual busy-ness, and whether a bag or coat has a predictable place
- [ ] Smells from cooking, cleaning, or other people
- [ ] Chance to move, or to avoid being bumped into
- [ ] Whether the person can reach a break space without having to explain themselves

What I noticed in hall, kitchen, and living spaces

Bedroom, bathroom, and homework or screen spaces

- [ ] Whether the bedroom can be a lower-demand space at the end of the day
- [ ] Bedding, clothing, and other touch issues
- [ ] Bathroom lighting, noise, and time pressure
- [ ] Homework space: noise, clutter, seating, and interruptions

What I noticed, and one or two changes we will try

Our change plan

Change 1, who will do it, and when we will review it

Change 2, if we have the energy

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk sensory and family resources
- An occupational therapist or other professional, if the person has one
- This pack is not a prescribed sensory diet or a therapy programme

> **A reminder about this free pack**
> This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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