

How to Work With Me

Fill in your sensory plan. Print it and hand to any healthcare professional.

Based on the SOFT(TM) Wellbeing Framework - sensoryjustice.co.uk

About Me

My name: _____

How I communicate best:

Verbal one question at a time / Written notes or text / Through a support person / Other

How much time I need to process information:

Extra time do not rush me / I need information written down / Standard pace is fine

How I prefer to receive information before procedures:

Short written steps (not a long video) / Audio-only in small chunks

Offered in stages not all at once / Someone to talk me through it

I need information in advance - not in the room, not rushed

My Sensory Triggers

Tick the ones that affect you

☐ Bright fluorescent lights

☐ Seeing needles or blood

☐ Loud or overlapping noise

☐ Stuffiness or poor ventilation

☐ Strong smells (perfume, cleaning)

☐ Hard or uncomfortable seating

☐ TV or screens at high volume

☐ Light at night or poor sleep

☐ Being touched without warning

☐ No clear wait time info

☐ Crowded waiting areas

☐ Rushed appointments

☐ Ticking clocks

☐ Info too fast, no questions

☐ Cold surfaces or equipment

☐ Not told what to expect

Other triggers not listed above:

What Helps Me

Before my appointment: _____

e.g. Tell me what will happen step by step before we start.

During my appointment: _____

e.g. One question at a time. Face me when speaking.

After my appointment: _____

e.g. Write down key points for me to take away.