

# My Sensory Health Tracker

## A Tool for Autistic Adults & Care Partners

### How to Use This Tool

Fill this out before or after a medical visit to track sensory experiences. Bring it to appointments and share it with your care team. Use the sections below to request adjustments for a more comfortable visit.



#### Sound Sensitivities

- **Triggers:** Loud waiting rooms, beeping devices, medical tools, overlapping conversations.
- **Effects:** Anxiety, sensory overload, trouble focusing.
- **Accommodations:** Request a quieter space, use noise-canceling headphones, ask for calm speech.



#### Light Sensitivities

- **Triggers:** Bright/flickering lights, sudden changes.
- **Effects:** Headaches, dizziness, difficulty communicating.
- **Accommodations:** Request dim lighting, wear sunglasses/hat, ask to keep exam lights off when possible.



## Touch & Texture Sensitivities

- **Triggers:** Cold medical tools, tight gear, scratchy exam paper, sticky tape.
- **Effects:** Discomfort, anxiety, sensory overload.
- **Accommodations:** Request warm tools, use soft fabric, ask for gentle touch.



## Smell Sensitivities

- **Triggers:** Cleaning chemicals, latex, perfumes, scented sanitizers.
- **Effects:** Nausea, headaches, breathing difficulties.
- **Accommodations:** Request unscented products, ask providers to avoid strong scents, bring a mask/scented balm.



## Pain & Body Awareness

- **Challenges:** Difficulty recognizing or describing pain, chronic pain, different pain tolerance.
- **Accommodations:** Use a body map/visual pain scale, request clear explanations, ask for breaks.



## Additional Notes & Requests

What would help you feel more comfortable during medical visits?

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**Bring this tracker to your appointment!** Share it with your provider, advocate for accommodations, and track patterns to improve future visits.