

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?

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