

Sensory Preferences & Adjustment Profile

A structured profile for identifying sensory barriers, helpful adjustments and early signs of overload.

Tool type

Profile / Form

Primary users

Autistic people and organizations supporting them

Use note: This is a practical institutional resource. It is not a diagnostic instrument, clinical assessment, or legally sufficient consent/approval document. Adapt to local law, policy, ethics requirements and individual needs.

Sensory profile

Use the form collaboratively. A preference is not automatically a fixed rule; needs may change with context, fatigue, health and stress.

Area	What is difficult	What helps	Priority / notes
Sound			
Light			
Touch			
Smell			
Crowds / space			
Movement			
Temperature			
Waiting / uncertainty			
Other			

Overload and recovery

Early signs I may be overloaded:

Useful adjustments before overload increases:

What helps me recover:
