MY SENSORY TOOLS

(Modules 4 - 12)

Sensory-based tools can help you adjust your level of arousal/alertness. These tools can be calming, organizing, and/or alerting. Other types of tools can help with regulation too (e.g. talking to a friend on the phone, working with a mental health professional, positive self-talk, affirmations, positive imagery, meeting basic needs of nutrition, housing, safety, etc.).

In this packet, you will find one handout for each of the 8 sensory systems. You are invited to reflect upon the sensory-based tools you find helpful in your daily life. You can also consider the tools that are helpful for people in your care. Your list of tools will change as your sensory needs and preferences change, so it can be helpful to re-visit often.

Sensory FOR DEMENTIA

My Sensory Tools

TACTILE: SAMPLE

Name of Tool	Calming?	Organizing?	Alerting?
Take a long, warm bath at night	X		
Wear a soft, warm sweater that doesn't have any tags		X	
Pet my cat's soft fur	X	X	
Quick, cool shower in the morning			X
Massage with my favorite lotion	X		
Tickling			X
Filing fingernails			X
Long, strong hug or snuggle from someone I love	X	X	
Reading a book while laying in a hammock		X	

My Sensory Tools

TACTILE

Name of Tool	Calming?	Organizing?	Alerting?

My Sensory Tools

VESTIBULAR

Name of Tool	Calming?	Organizing?	Alerting?

My Sensory Tools

PROPRIOCEPTION

Name of Tool	Calming?	Organizing?	Alerting?

My Sensory Tools

AUDITORY

Name of Tool	Calming?	Organizing?	Alerting?

My Sensory Tools

VISUAL

Name of Tool	Calming?	Organizing?	Alerting?

My Sensory Tools

GUSTATORY (TASTE)

Name of Tool	Calming?	Organizing?	Alerting?

My Sensory Tools

OLFACTORY (SMELL)

Name of Tool	Calming?	Organizing?	Alerting?

My Sensory Tools

INTEROCEPTION

Name of Tool	Calming?	Organizing?	Alerting?

My Sensory Tools

WHOLE BODY

Name of Tool	Calming?	Organizing?	Alerting?

Other Regulating Tools

Name of Tool	Calming?	Organizing?	Alerting?

My Sensory Tools

Sensory for Dementia, LLC

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