

Inpatient Unit Sensory Plan

Sensory-modulation-brisbane.com

Name: _____

The **Inpatient Unit Sensory Plan** can be used to develop a plan tailored to an individual in hospital.

- Sensory and Trauma triggers
- Solutions for triggers
- Sensory modulation coping strategies

Signs of Distress: (Please tick changes in behaviours that can indicate increased stress or agitation)

<input type="checkbox"/>	Crying out/shouting	<input type="checkbox"/>	Increased confusion	<input type="checkbox"/>	Grimacing/yawning/lip smacking
<input type="checkbox"/>	Speaking rudely/swearing	<input type="checkbox"/>	Clenching fists/jaw	<input type="checkbox"/>	Wandering (exits, other rooms)
<input type="checkbox"/>	Rocking or shaking	<input type="checkbox"/>	Head banging	<input type="checkbox"/>	Pacing/walking
<input type="checkbox"/>	Wringing hands	<input type="checkbox"/>	Bouncing legs	<input type="checkbox"/>	Activity refusal (ie self cares)
<input type="checkbox"/>	Grabbing at people	<input type="checkbox"/>	Waving arms	<input type="checkbox"/>	Throwing things

Known Triggers: What are some of the things that can trigger me to feel upset

<input type="checkbox"/>	Physical – sleep, pain, hunger, constipation	<input type="checkbox"/>	Not feeling safe
<input type="checkbox"/>	Times of the day – visitor leaving, bedtime	<input type="checkbox"/>	Distressing thoughts
<input type="checkbox"/>	Particular memories/associations –	<input type="checkbox"/>	Nightmares
<input type="checkbox"/>	Certain noises –	<input type="checkbox"/>	Ward routines
<input type="checkbox"/>	Contact with particular people	<input type="checkbox"/>	Not having control or input

Sensory Strategies to promote calm and reduce distress:

Strategy	When to use	How to use

Completed by: _____

Name: _____

Date: _____

Name: _____

Date: _____

Book:

Sensory Modulation Resource Manual:

Paperback: Book Depository

Ebook: Amazon

Online Training:

Courserebel.com/SensoryModulationBNE

Other training on: sensory-modulation-Brisbane.com

Contacts:

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sensory-modulation-Brisbane.com

Media:

[Facebook.com/sensorymod](https://www.facebook.com/sensorymod)

Insta: [sensorymodulationbrisbane](https://www.instagram.com/sensorymodulationbrisbane)

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	Like	Dislike	Calming		Like	Dislike	Calming		Like	Dislike	Calming

VISUAL:

Lamp				People moving past				Open Curtain			
Bright/intense lamp				Sunlight				Closed Curtain			
Plants/Nature				Photos				Phone			
Fluorescent light				Movie/TV				Bare walls (no clutter)			
Virtual Reality				Art				Reading			
Other visual input that calms											
Other visual input I dislike											

SOUND:

Increased volume of noise				Lower volume of noise				Background white noise			
Lower volume				Guided relaxation				Echo in rooms			
Using earplugs				Whispering				Silence			
Using headphones				Singing/humming				Listening to music			
Other sounds that calm.											
Other sounds that I dislike											

TASTE AND SMELL

Warm drink				Chewy foods				Chewing things (pens)			
Cold drink				Crunchy foods				Soaps			
Ice or slushy drink				Sucking through straw				Fragrance/perfume			
Chewing gum				Disinfectant				Smell of flowers			
Sour lolly				Citrus				Medication			
Other tastes or scents that calm											
Other tastes or scents that I dislike											

TOUCH AND MOVEMENT

Warm temperature				Squeezing something				Brush/style hair			
Cold temperature				Weight on lap				Stretching			
Ice pack/cold washer				Blanket on lap				Exercise			
Human touch				Limiting touch				Yoga			
Being by self				Tight clothing				Gardening			
Other touch or movement that calms											
Other t I dislike											

Sensory sensitivities.

Some people are very sensitive to certain sensations. They are unable to tune these sensations out resulting in anxiety, or overwhelms.

Trauma

Some people have memories from their past that arise from certain sensations. This can create anxiety, fear and spacing out. Believe the person but do not ask for information about the trauma or memory as this can increase distress.

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