

HOME CARE RESOURCES

Visual routines, meaningful activities and caregiver tools

Sensory

Daily Living

Learning

Movement

Leisure

Health & Self-care

Structure with flexibility. Support with dignity.

Designed for neurodivergent children, young people, adults and their caregivers at home.

How to Use This Resource

Adapt it to the person, the home, the day and the available support.



1. Start with what matters

Choose a small number of routines that support safety, regulation, participation or connection. You do not need to use every page.

2. Make it visible

Show what is happening now and what comes next. Use a card, written word, object, photograph, gesture or spoken prompt - whichever the person understands best.

3. Offer manageable choice

Present two or three realistic options. Too many choices can become overwhelming. Every offered choice should be acceptable to the caregiver.

4. Break tasks into steps

Teach one step at a time. Model, prompt gently and reduce support as confidence grows. Completion can look different for every person.

5. Build in regulation

Alternate demanding activities with movement, sensory breaks, rest or preferred interests. Behaviour may communicate discomfort, pain, fear, overload or an unmet need.

6. Protect dignity and safety

Support autonomy, privacy and consent. Supervise activities according to age, ability, health needs and risk. This pack does not replace clinical or emergency advice.

PRINT TIP: Use thick paper, laminate if available, and attach reusable hook-and-loop dots.

My Home Care Map

A balanced day may include care, participation, regulation, learning and rest.

**S**

Sensory

Regulate and feel safe

**D**

Daily Living

Participate in home routines

**L**

Learning

Build skills through everyday life

**M**

Movement

Support body awareness and wellbeing

**L**

Leisure

Rest, connect and enjoy interests

**H**

Health & Self-care

Support comfort, hygiene and health

There is no perfect schedule. A successful plan is understandable, achievable and responsive to the person's communication, energy and support needs.

Sensory

Cut out the cards, point to them, or use the page as a choice board.

Q

Quiet corner

D

**Deep-pressure
cushion**

W

Wrap in a blanket

W

Water play

T

Texture basket

L

Listen to soft music

B

Breathing together

C

**Chew or crunchy
snack**

D

Dim the lights

C

Carry or push safely

S

**Smell familiar
scents**

T

Take a sensory break

CAREGIVER TIP

Observe, do not force. Stop if the activity causes distress, pain, breathing difficulty or unsafe behaviour.

Daily Living

Cut out the cards, point to them, or use the page as a choice board.



M

Make the bed



S

Sort laundry



F

Fold clothes



S

Set the table



C

Clear the table



W

Wash safe dishes



S

Sweep a small area



W

Water plants



P

Prepare a simple snack



P

Put items away



M

Match socks



C

Choose clothes



CAREGIVER TIP

Value participation over perfection. A person may complete one step, use adapted equipment or work alongside you.

Learning

Cut out the cards, point to them, or use the page as a choice board.



R

Read together



M

Match colours



C

Count household items



N

Name body parts



S

Sort by size



P

Practise writing



T

Tell a short story



I

Identify emotions



F

Follow two steps



U

Use money in play



E

Explore nature



P

Practise communication



CAREGIVER TIP

Use interests and household routines. Short, successful practice is often more useful than long periods of pressure.

Movement

Cut out the cards, point to them, or use the page as a choice board.



S

Stretch gently



W

Walk outside safely



D

Dance to music



T

Throw and catch



A

Animal walks



B

Balance on a line



C

Chair exercises



M

March in place



S

Simple obstacle
course



K

Kick a ball



Y

Yoga poses



M

Movement break



CAREGIVER TIP

Adapt intensity to mobility, health and seizure considerations. Keep the area clear and provide appropriate supervision.

Leisure

Cut out the cards, point to them, or use the page as a choice board.



D

Draw or colour



L

Listen to music



B

Build with blocks



P

Play a board game



L

Look at photos



W

**Watch a chosen
programme**



G

Garden together



D

Do a puzzle



R

Read for pleasure



P

Play with water



C

Cook together



R

Rest quietly



CAREGIVER TIP

Preferred interests are meaningful. Use leisure for joy and connection, not only as a reward for compliance.

Health & Self-care

Cut out the cards, point to them, or use the page as a choice board.



T

**Take prescribed
medicine**



B

Brush teeth



W

Wash face



U

Use the toilet



D

Drink water



E

Eat a meal or snack



R

Record mood



R

Record a seizure



C

**Check comfort or
pain**



P

Prepare for sleep



A

Attend appointment



A

Ask for help



CAREGIVER TIP

Follow the individual care plan. Medication and seizure decisions must follow professional guidance.

My Daily Schedule

Place a card, photograph, object cue or written activity in each space.



Wake up

Activity / visual

Morning care

Activity / visual

Breakfast

Activity / visual

Morning activity

Activity / visual

Break

Activity / visual

Midday routine

Activity / visual

Afternoon activity

Activity / visual

Movement / outside

Activity / visual

Evening care

Activity / visual

Wind down

Activity / visual

Make Your Own Cards

Add routines, people, places, foods, communication or rewards specific to your home.



Draw, write or attach a photo 	Draw, write or attach a photo 	Draw, write or attach a photo
Draw, write or attach a photo 	Draw, write or attach a photo 	Draw, write or attach a photo
Draw, write or attach a photo 	Draw, write or attach a photo 	Draw, write or attach a photo
Draw, write or attach a photo 	Draw, write or attach a photo 	Draw, write or attach a photo
Draw, write or attach a photo 	Draw, write or attach a photo 	Draw, write or attach a photo

Personalisation ideas: use a food wrapper, a photograph, a simple drawing, a written word, a colour cue or an object that is meaningful to the person.

My Choice Board

Offer only choices that are currently available and safe.



I can choose:

Place one choice here

Place one choice here

Place one choice here

Place one choice here

Place one choice here

Place one choice here

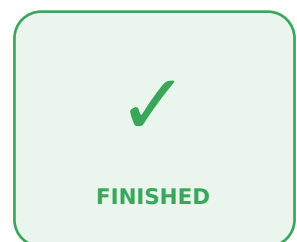
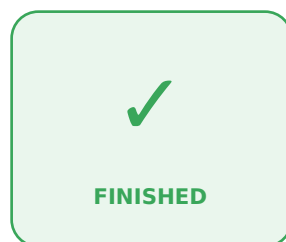
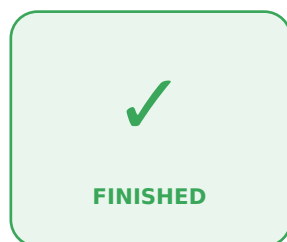
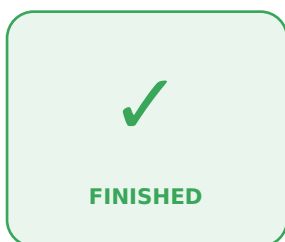
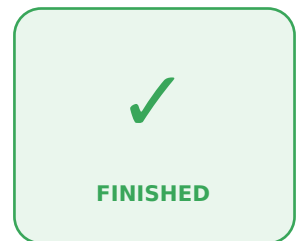
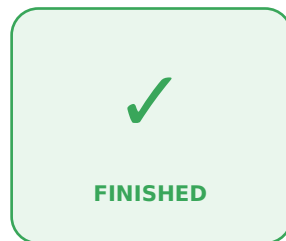
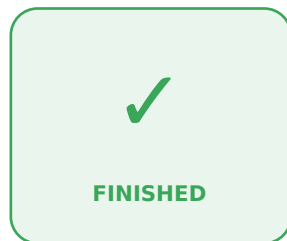
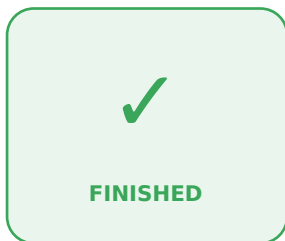
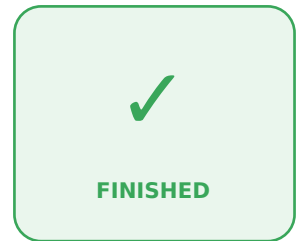
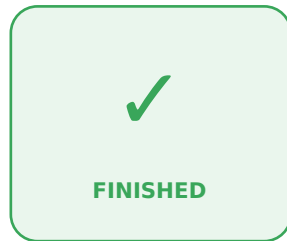
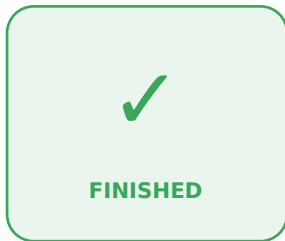
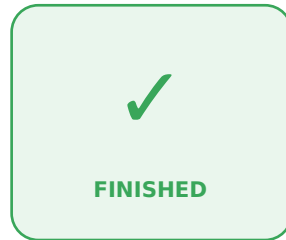
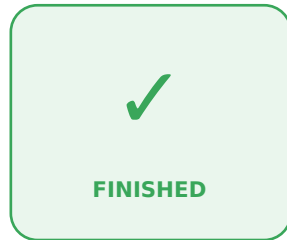
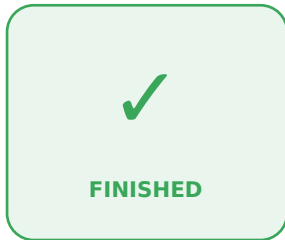
Place one choice here

Place one choice here

If choosing is difficult, model two options and allow time to respond. Accept a point, look, gesture, sign, word, device selection or reaching response.

Finished Markers

Cut out the markers and place one over an activity when it is complete.



My Progress Board

Use encouragement to make progress visible - never remove earned tokens.



I am working on:

Write or place the task here

Then I choose:

Reward / break

My progress

1

2

3

4

5

Make it achievable

Start with one to three tokens.

Name the success

Say what worked: "You put the cup down safely."

Give promptly

Provide the agreed break or reward when earned.

Review the plan

If progress stalls, reduce the demand or add support.

First / Then

Use for a short, predictable sequence: one necessary activity followed by a preferred activity or break.



FIRST

Place the first activity here



THEN

Place the next activity here

FIRST

Place the first activity here



THEN

Place the next activity here

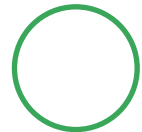
My Activity Schedule

Create a short sequence, then mark each step finished.



1

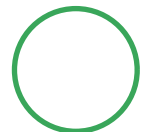
Activity / step



finished

2

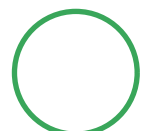
Activity / step



finished

3

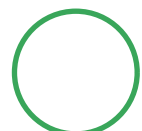
Activity / step



finished

4

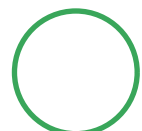
Activity / step



finished

5

Activity / step



finished

THEN: BREAK / CHOICE

Weekly Home Care Plan

Plan important routines, appointments, rest and caregiver support.



Monday

Key routine, appointment, rest or support

Tuesday

Key routine, appointment, rest or support

Wednesday

Key routine, appointment, rest or support

Thursday

Key routine, appointment, rest or support

Friday

Key routine, appointment, rest or support

Saturday

Key routine, appointment, rest or support

Sunday

Key routine, appointment, rest or support

Caregiver check-in:

What support do I need this week? Who can help? What can be simplified?

My Home To-Do List

Use words, drawings or pasted visuals. Keep the list short and realistic.



Name: _____

Date: _____

1. _____ ☐
2. _____ ☐
3. _____ ☐
4. _____ ☐
5. _____ ☐
6. _____ ☐
7. _____ ☐
8. _____ ☐
9. _____ ☐
10. _____ ☐

WHEN I FINISH

I can ask for help, take a break, choose a preferred activity or celebrate my progress.

My Home Care Profile

Keep this page accessible to trusted caregivers and update it when needs change.



My name / preferred name

How I communicate

What helps me understand

What helps me feel calm and safe

Signs I may be overwhelmed, unwell or in pain

Things to avoid / known triggers

Allergies, medication and health notes

Emergency contact and care-team details

For an emergency, follow the person's care plan and contact local emergency or clinical services.

Caregiver Notes & Reflection

Notice patterns without blame. Use observations to improve support and discuss concerns with the care team.



What went well today?

What was difficult or unsafe?

What may have happened before the difficulty?

What communication did I notice?

What helped with regulation or participation?

Pain, sleep, appetite, medication, seizure or mood notes

What should we try differently next time?

Caregiver wellbeing matters. Pause when safe, share responsibility where possible, and seek professional support when stress, fatigue or risk becomes difficult to manage.