Set up before you start

Choose the parts that help. There is no requirement to do every step or to shower in one particular way.

Put useful things within reach

- A towel and clothes you want to put on afterward.
- The products you plan to use. Fewer choices may be easier today.
- Whatever you need for the next part of your day.

Choose your sensory options

- Adjust the light if you can still move safely.
- Choose a water temperature that feels comfortable.
- Choose quiet or familiar sound, keeping devices away from water.
- Consider whether the smell or texture of a product is adding work.

Choose a stopping point

You can separate washing your body, washing your hair, and getting dressed into different tasks. Decide which parts matter for this attempt.

One thing that would make this easier

These are practical planning prompts. Adapt them to your own access, health, and support needs.

A version for today

The smaller version is an option, not a failure. Change the plan if it asks more than you have available.

Your usual version

Gather what you need, choose the parts you want to wash, and leave your towel and clothes ready. You can pause between steps.

A shorter version

Pick fewer steps. You might leave hair washing for another day or finish after a brief wash. Use only the products you need for the plan you chose.

A different small step

If a shower is not workable, you might wash at the sink or change into clean clothes. These options do not need to become a new full routine.

If setup is the task today

Put out a towel. Move clean clothes closer. Choose one product. Leave the rest for a later decision.

When support would help

“Could you put a towel and clean clothes where I can reach them?”

“I want help with setup. Please let me choose how much washing I do.”

If you need help to wash safely, use the assistance or equipment that is appropriate for you.

Keep a setup card

Today I am choosing

Before I begin, I want these things nearby

One sensory adjustment I want

Parts I can leave for another time

Afterward, I want

A stopping point that works for me

Make an editable version at neurodiversion.org/executive-dysfunction-shower#shower-setup-card.