



Home Hacks

What is Your “Home Hack”?

Sometimes making your home work better for you does not mean changing where you live. It can mean changing how you live and function in the home you have.

For National Housing Day on November 22, 2026, The Sinneave Family Foundation (Sinneave) wants to celebrate the creative, practical, and personal ways Autistic people, their families, and natural supports make their homes and daily lives work better.

We are calling these “Home Hacks”: an adaptation, addition, setup, routine, or way of doing something at home that makes life a little easier, more comfortable, more enjoyable, or more successful.

A home hack can be simple. For example:

- Keeping quick and easy foods at eye level in the fridge so they’re easier to see and remember.
- Keeping a basket in each room as a designated place for things that accumulate there, then periodically returning those things to where they belong.
- Skipping a traditional dining table because it doesn’t suit how you actually use your space and, instead, creating a comfortable place to eat somewhere else.
- Buying multiple of the same clothing item in different colors to reduce the mental load of putting together an outfit each day.
- Putting a YouTube video of someone cleaning their home on your T.V. when you clean your own home. This is commonly known as “body doubling.”

Whether you live in an apartment or a house, whether you have a roommate, live with family members, or alone, we are looking for hacks that work in a variety of housing contexts.

There is no one right way for a home to work. We are interested in what works for you.

We want to connect with Autistic people, parents, caregivers and natural supports across all ages and stages who are interested in sharing a home hack with us.

You don't need to prepare anything polished. We will invite interested participants to tell us about their idea through a short, accessible online, mobile, text-based survey where you can share your responses in different ways (text, video or voice note).

Out of the home hacks submitted, Sinneave will select a small number to feature as part of a National Housing Day campaign on or around November 22.

Those chosen will be compensated for their participation. If we would like to feature your idea publicly, we'll connect with you first about how we can work together to share your story.

Are you interested?

If you would like to share a home hack that works for you, send an email to **community@sinneavefoundation.org** with the information outlined below.

Subject Line: Home Hacks

Email body: "I am interested in participating in Sinneave's 2026 National Housing Day Home Hacks initiative."

Signed: Your Name

A member of our team will email you further instructions.

Your idea does not have to be big or innovative. If something increases your independence, or helps make your home work better for you, we'd love to hear about it!