

Home Hacks

What Are Your Home Hacks?

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."

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There is no one right way for a home to work.

Everyone has different needs, preferences, and routines. Whether you live alone, with family, or with roommates, small changes can make a big difference in how your home works for you.

Home Hacks celebrates the creative and practical ways Autistic people and their support networks make everyday life at home easier, more comfortable, and more enjoyable.

Home Hacks Coming Soon!

For National Housing Day on November 22, Sinneave will feature a selection of Home Hacks shared by community members.

Submissions are now closed. Thank you to everyone who shared their ideas and experiences!

Visit the Home Hacks page on or around November 22 to explore the featured Home Hacks.

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