SenLife

WHITE PAPER

Every Moment Counts

A parent's guide to SenLife: turning everyday moments into evidence your clinician can use

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> **You know your child best. Remembering it all on the spot is the hard part.**

If your child is waiting for an autism or ADHD assessment, you already know the feeling. Months of waiting. Then one appointment where you are asked to recall years of family life, on the spot, in an unfamiliar room.

When did it start? How often does it happen? What is school like? What helps?

You know the answers. You have lived them. But pulling them out of your memory, accurately, under pressure is tough for anyone.

SenLife helps you capture the small everyday moments as they happen, so that when assessment day comes, your child's story is already written down, in your own words.

1 Why the wait can feel wasted

Memory is not a filing cabinet. Research on recall shows that what people remember weeks or months later often differs from what was noted at the time. That is not a failing on your part. It is how every human brain works.

Meanwhile, the waiting list keeps moving slowly, and daily life carries on. The meltdowns after school. The brilliant afternoon at Grandma's. The bedtime routine that finally worked. These moments are exactly what a clinician wants to understand, and most of them are forgotten by the time the appointment arrives.

Clinicians feel this too. A large part of any assessment is spent gathering history and background before they can get to the heart of things.

> **"Where I see the real value, especially in the initial part of an assessment report, is the developmental history and background information. That is where parents struggle most."**
>
> Maritza Lubbe, Chief Medical Officer, SenLife

2 How it works: about a minute a day

SenLife is a simple diary for your child's everyday life. Most entries take under 60 seconds.

- **Notice a moment.** Something challenging, something brilliant, or something you just want to remember.
- **Say it or type it.** Speak into your phone or write a few lines. What happened, what might have set it off, what you tried, what helped.
- **SenLife keeps it organised.** Every entry is dated and sorted, so patterns across weeks and months become easy to see.
- **Invite the people who know your child to contribute.** Teachers, grandparents, carers and therapists can add what they see too.

That last step matters. Assessment guidance in the UK asks clinicians to look at how a child gets on in more than one setting, such as home and school. SenLife brings those views together in one place.

> "The parents have had a journey that is far more considered than a night-before panic dump on a form."
>
> Lex, therapist and autistic advocate with lived experience of the assessment system

3 What your clinician receives

Before your appointment, SenLife turns your entries into a clear, structured summary for your clinician. It covers your child's history, the themes that keep coming up, and what different people have seen in different places.

The aim is simple. Your clinician arrives already knowing the background, so the appointment can focus on your child rather than on filling in forms.

Without a record	With SenLife
Recalling months or years of history on the spot	Your observations, written down at the time
Separate information from home and school	Home, school and carers in one place
Appointment time spent gathering background	More time for questions and conversation
Worrying about what you forgot to say	Confidence that your child's story is there

4 It keeps being useful after the assessment

Your diary does not stop mattering once the assessment is done. The same record can support the conversations that come next.

- **Therapy sessions.** Instead of spending the first ten minutes catching up, your therapist can see what has happened since you last met, accurately summarised, before the appointment.
- **Medication reviews.** If your child is prescribed medication, you can note what was taken and when, alongside sleep, appetite, mood and behaviour. Your prescriber sees what you have seen between appointments, and they make the decisions about treatment.
- **Seeing progress.** Regular summaries show you and your child's professionals how things are changing over time, in your family's own words.

> "I'm asking families to collect data for me. It's not about what's happening right now today, it's about what happens in between."
>
> Georgie, Psychologist, Oxford CBT

5 What SenLife is, and what it is not

SenLife records and structures caregiver observations for clinician interpretation. It does not diagnose, interpret, or recommend.

In plain English:

- SenLife **does** help you record what you see, keep it organised, and share it with the professionals you choose.
- SenLife **does not** tell you whether your child is autistic, has ADHD or any form of neurodivergence.
- SenLife **does not** replace an assessment, and it cannot promise a shorter wait or a particular result.
- SenLife **does not** give medical advice or suggest treatment.

> Every clinical decision stays with a qualified professional. Our job is to make sure they hear your child's full story.

6 Your family's information

What you write about your child is personal, and we treat it that way.

- You decide who is invited to add observations.
- You decide which professionals see your child's insight reports.
- Your information is safely handled under UK data protection law (UK GDPR).
- We do not sell your family's data.

If you have questions about how your information is used, ask us at hello@mysenlife.com. We will answer in plain English.

7 Start today. Your future self will thank you.

You do not need to wait for an appointment date to begin. The earlier you start, the fuller the picture.

- Sign up at mysenlife.com.
- Make your first entry tonight. One moment from today is enough.
- Invite one other person who knows your child well.
- Keep going, a minute at a time.

Know another family on a waiting list? Pass this on. It might be the most useful minute of their day.

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