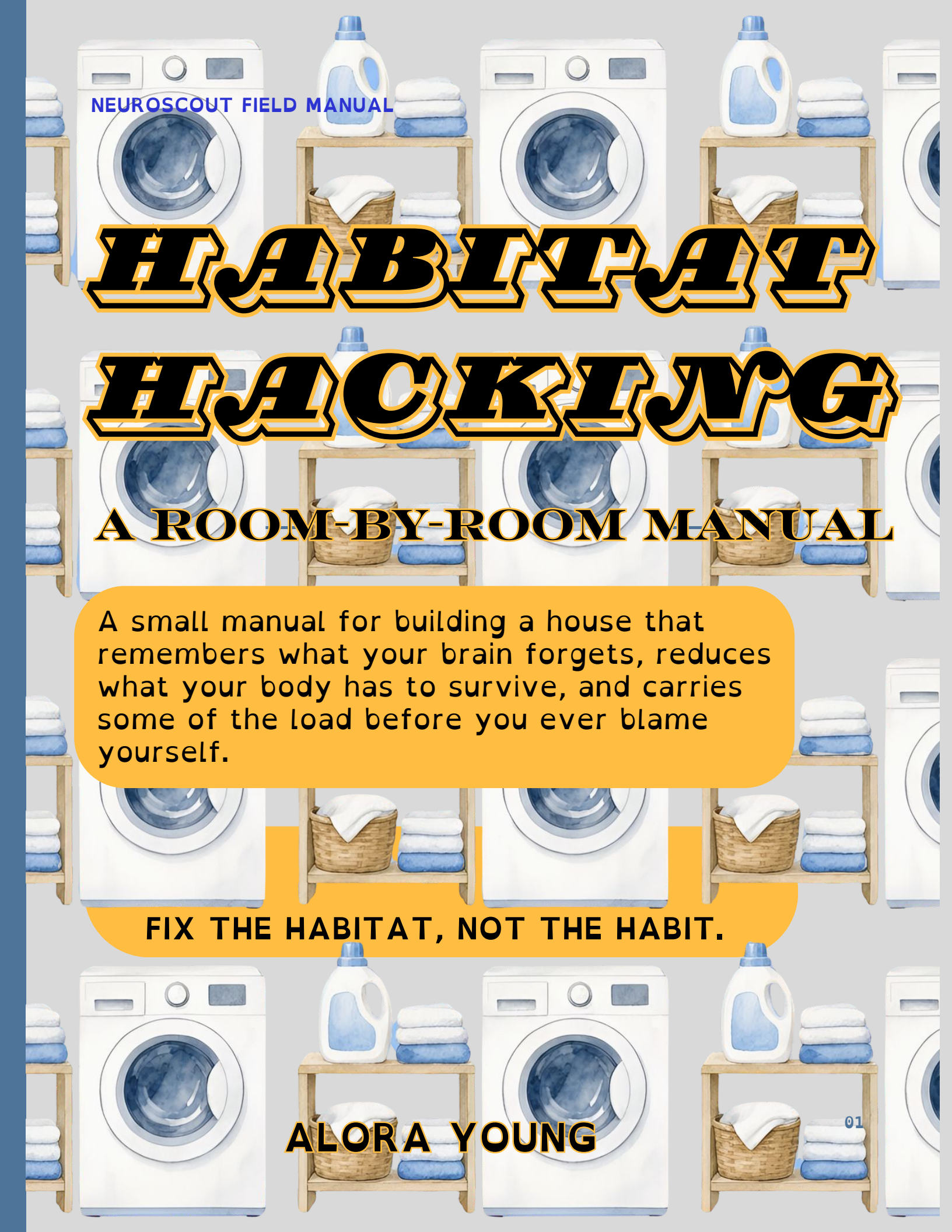




NEUROSCOUT FIELD MANUAL

HABITAT HACKING

A ROOM-BY-ROOM MANUAL

A small manual for building a house that remembers what your brain forgets, reduces what your body has to survive, and carries some of the load before you ever blame yourself.

FIX THE HABITAT, NOT THE HABIT.

ALORA YOUNG

01

YOUR HOUSE IS ALREADY TEACHING YOUR BODY HOW TO LIVE.



Most systems are designed for the most painfully average version of their user, and then everybody acts surprised when an exceptional body, an autistic body, an exhausted body, a body with pain or fear or three percent battery left, makes the under-designed system malfunction.

What is this arrangement asking you to carry, and which part of that load could be carried by the system?

Habitat Hacking is the practice of changing the conditions around an action so the action becomes more accessible. It is consent-based. It is preferably reversible. It is allowed to be ugly. The laundry basket can sit on top of the dresser if that is where the laundry actually lands. You can brush your teeth in the shower. You can sit on the floor if the desk makes your skin crawl. Nobody appointed the furniture police.

THE RULE

Correcting the person must lose its monopoly on explanation. Your job is to become joyful. Your job is not to become normal.



[illegible]

A ROOM IS MORE THAN WALLS AND FURNITURE.

A habitat is every condition touching the task. When something keeps failing, locate the layer carrying the failure before you call it laziness.

SEVEN INTERACTING LAYERS

- **SENSORY:** what the body must filter, tolerate, seek, or generate
- **SPATIAL:** where materials live and where the action actually happens
- **TEMPORAL:** whether time can be seen, entered, divided, and survived
- **RELATIONAL:** whether difficulty can be revealed without punishment
- **DIGITAL:** whether information persists after the screen changes
- **BUREAUCRATIC:** forms, rules, permissions, money, and inherited nonsense
- **TASK-LEVEL:** searches, decisions, transitions, steps, and recovery

Tune six things: friction, cue legibility, regulatory fit, temporal tractability, relational safety and control, meaning and reinforcement.

DO NOT ORGANIZE THE ROOM. INVESTIGATE THE BLOCKED ACTION.

- NAME ONE BLOCKED ACTION. Not the whole room, not your entire personality, one action.
- DESCRIBE WHAT HAPPENS. Use observable facts: I undress beside the bed, the hamper is in the closet, the clothes stay on the floor.
- CIRCLE THE ACTIVE LAYERS. Sensory, spatial, temporal, relational, digital, bureaucratic, task-level.
- NAME THE BURDEN. Searching, remembering, tolerating, deciding, transitioning, hiding, recovering.
- MAKE ONE SMALL CHANGE YOU CONTROL. Move it, duplicate it, expose it, contain it, shorten it, label it, soften it.
- TRACK ACCESS, COST, AGENCY, AND RECOVERY. Completion is not the only evidence that something worked.

Money changes how changeable a habitat is. No-cost hacks count. Renter-safe hacks count. A system you can reverse without permission is still architecture.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

THE ENTRYWAY IS A BORDER CHECKPOINT.

Every departure asks you to collect a small civilization while time becomes fictional and your shoes disappear from the known universe. The doorway should remember the leaving sequence for you.

THE FIRST PLACE YOU LOOK IS THE CORRECT PLACE.

BUILD A LANDING STRIP

- Put keys, wallet, medication, transit cards, and headphones in open reach, not inside a beautiful closed box you will forget exists.
- Store the shoes you actually wear beside the door. The closet does not win because it was there first.

Duplicate cheap essentials: charger, lip balm, tissues, sunglasses, stim object. Retrieval speed is an accessibility feature.

Give incoming objects a waiting place and outgoing objects a launch place. Waiting and working are different states.

Finish with tomorrow. Stage the bag, water, paperwork, coat, and one visible cue before the leaving emergency begins.

ASK

What becomes missing, late, painful, or impossible in the final five minutes before I leave?

THE KITCHEN DECIDES WHICH FOOD REMAINS REAL.

Food hidden in a drawer can cease to exist. A recipe with fourteen transitions can become a threat. A kitchen is successful when you can eat inside it, including on the bad days, including when dinner is crackers beside the bed.

HACK FOR VISIBILITY

- Put safe foods and ready foods at eye level. Produce does not have a moral right to the produce drawer.
- Use clear bins, open baskets, labels, or a visible eat-first zone before food becomes an archaeological discovery.
- Store tools where the action happens: scissors with packaged food, cups beside the water source, medication beside the routine that cues it.

HACK FOR CARRYING CAPACITY

- Create food levels: zero-cook, almost-cook, and actual-cook. Your current energy chooses the level.
- Duplicate eating stations where eating really happens. A snack basket beside the couch can be good design.
- Reduce dish friction. Keep fewer daily dishes accessible, use the dishwasher as storage, or accept tools that shorten cleanup.

A meal that happens counts.

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HYGIENE IS A SENSORY SEQUENCE, NOT A CHARACTER TEST.

The bathroom may contain cold floors, wet hair, bright lights, mint that burns, towels across the room, six products in the wrong order, and the demand to begin while already tired. Tiny inconveniences become massive executive-function consequences.



MOVE THE TASK

Brush your teeth in the shower. Wash your face at the kitchen sink. Sit while you do skincare. The official location of a task is wherever the task becomes possible.

DUPLICATE THE CUE

Keep a toothbrush in more than one place. Put deodorant beside the clothes. Put wipes beside the bed. Objects can prompt the action when memory cannot.

REDUCE WHAT THE BODY MUST SURVIVE

Change the lighting, temperature, scent, texture, sound, water pressure, or product flavor.

Put towels, clean clothes, medication, and aftercare within one reach of where they are needed.

■ Build a minimum version. Mouthwash can be the bridge to brushing. A washcloth can be the bridge to a shower.

Care that is accessible is still care.

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THE BEDROOM IS RECOVERY ARCHITECTURE.

If you are afraid of monsters under the bed, you can spend years asking why, or you can cut the legs off the bed. There cannot be monsters under there if there is no under there.

That is the whole method. You can understand the wound later. Tonight, the room can stop feeding it.

MAKE RECOVERY EASIER TO ENTER

- Control light, sound, temperature, pressure, and visual noise from the place where your body lands.
- Keep water, chargers, medication, safe snacks, tissues, and regulation tools within reach.
- Put the laundry basket where clothing leaves your body. On top of the dresser is allowed. Beside the bed is allowed.
- Contain before you organize. A deliberate basket for the pile is a system, even when the system is not photogenic.
- Protect one surface for landing and one path for moving. The entire room does not have to be solved at once.

THE EVIDENCE

How quickly can this room receive me when I am finished being a person for the day?

[illegible]

THE DESK IS NOT SACRED.

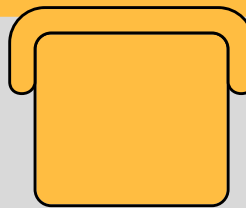


When I am in my room, I never actually sit at my desk, so I sit on the floor and do the work there, and suddenly my life is ten times easier because I am no longer forcing my body to report to furniture it hates.

BUILD A WORKSTATION AROUND THE WORK THAT HAPPENS.

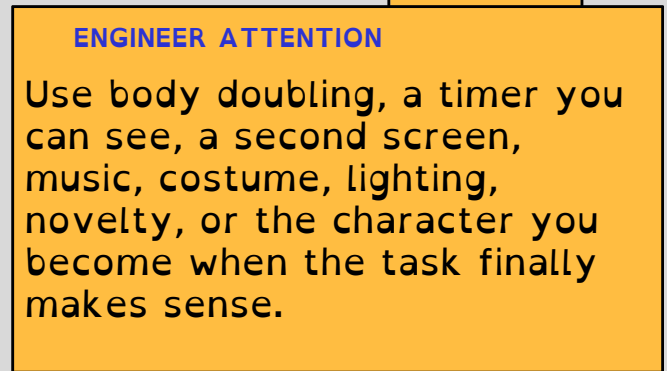
REDUCE INITIATION

Leave the next material visible. Keep the project open. Put tools at the point of performance. Make the first action embarrassingly small.



ENGINEER ATTENTION

Use body doubling, a timer you can see, a second screen, music, costume, lighting, novelty, or the character you become when the task finally makes sense.



QUESTIONS FOR THE ACTUAL WORKSPACE

- Where does my body choose to work when nobody is watching?
- Which supply becomes missing at the moment of starting?
- Which extra step taxes the task until I abandon it?
- What amount of stimulation lets language enter my brain?

Design for the body that arrives.

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SHARED SPACE IS A RELATIONAL HABITAT.

A room can be spatially accessible and still become impossible because you are watched, corrected, interrupted, shamed, or required to hide every tool that makes participation possible. Relational safety is part of the architecture.

BUILD FOR PARALLEL LIVES

- Create zones for different volumes, postures, activities, and levels of interaction. Together does not have to mean doing the same thing.
- Keep regulation tools visible and ordinary. A blanket, headphones, stim object, floor cushion, or pacing path should not require an explanation every time.
- Give other people's objects a respectful waiting place instead of turning every misplaced item into a conflict.
- Make shared agreements explicit: which surfaces stay clear, which piles are active, what can move, who can touch it, and where difficulty can be named safely.
- Protect control. A habitat hack imposed on somebody else is just a new demand wearing a clever outfit.

The goal is participation, not compliance. The room should make more kinds of bodies possible inside it.

LAUNDRY IS A MIGRATION SYSTEM DISGUISED AS A CHORE.

Clothes move through states: on body, dirty, washable, clean, dry, wearable again, and somehow back into a drawer. Every transition is a place where the system can collapse. The floor is not evidence of moral failure. It is location data.

FOLLOW THE MIGRATION

- 1** **UNDRESS** Put the hamper where the clothes come off.

- 2** **SORT** Sort only when sorting changes what can be washed.

- 3** **WASH** Store detergent where the machine is entered.

- 4** **DRY** Use one visible cue that survives leaving the room.

- 5** **RETURN** Use open bins, hooks, activity zones, or no-fold storage.

Organize by retrieval, not by the social mythology of drawers. A laundry basket on top of a dresser is not a moral failure.

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THE SCREEN IS A ROOM, AND IT CAN BECOME HOSTILE.

Tabs, notifications, passwords, invisible files, half-written messages, and six different calendars are environmental conditions. Digital clutter is not less real because nobody can trip over it.

MAKE INFORMATION PERSIST

- Build one visible landing page for the links and tasks you repeatedly lose.
- Pin the current project. Name files for retrieval. Put the next action in the file itself.
- Use reminders that contain the instruction, not alarms that only announce guilt.

PROTECT THE ATTENTION ECOLOGY

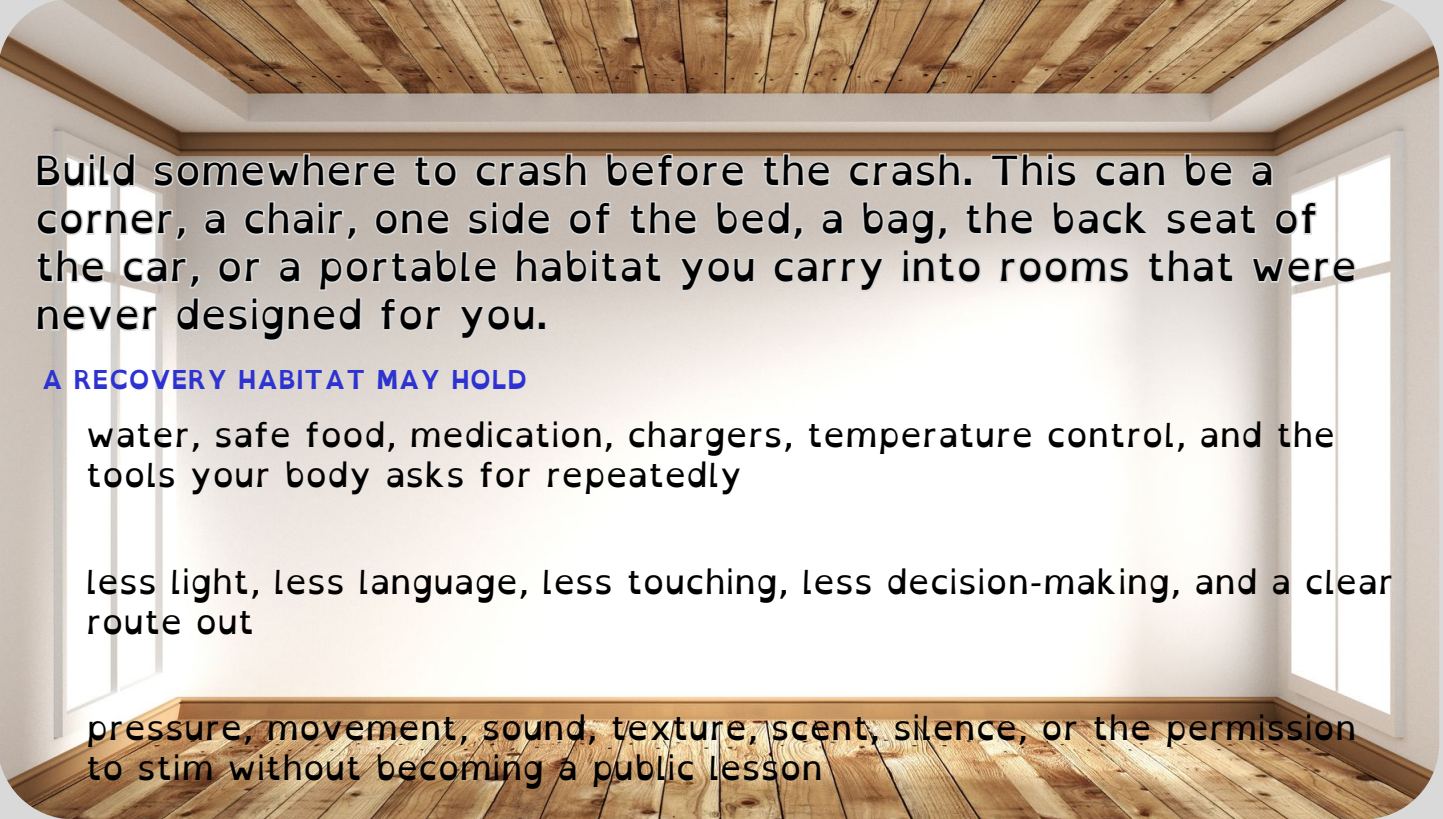
- Remove notifications that do not deserve access to your nervous system.
- Separate waiting from working: inbox, someday, active, finished.
- Rotate cues before they become wallpaper. More reminders can become less information.

Defaults win. Make the default screen, folder, tab, and notification pattern point toward the life you are trying to enter.

A digital habitat should remember without shouting.

RECOVERY BELONGS IN THE ARCHITECTURE.

Recovery is not a reward for completing the task correctly. Recovery is one of the conditions that makes returning possible.



Build somewhere to crash before the crash. This can be a corner, a chair, one side of the bed, a bag, the back seat of the car, or a portable habitat you carry into rooms that were never designed for you.

A RECOVERY HABITAT MAY HOLD

water, safe food, medication, chargers, temperature control, and the tools your body asks for repeatedly

less light, less language, less touching, less decision-making, and a clear route out

pressure, movement, sound, texture, scent, silence, or the permission to stim without becoming a public lesson

- a way to tell another person what is happening without manufacturing a perfect explanation while dysregulated
- a return cue for tomorrow, because finish the day and begin the next day are connected tasks

MEASURE

How much does the habitat reduce the price of coming back?

[illegible]

AUDIT ONE ROOM, ONE ACTION, ONE BURDEN.

Do not solve the whole house. Catch one place where the habitat hands work back to the body, then make the smallest change that lets the system carry it instead.

ROOM + BLOCKED ACTION

What am I trying to do, and where does it stop?

WHAT ACTUALLY HAPPENS

Describe the event without diagnosis or insult.

ACTIVE LAYERS

Sensory Spatial Temporal Relational Digital Bureaucratic Task-level

THE BURDEN

What am I being asked to remember, tolerate, decide, search for, hide, or recover from?

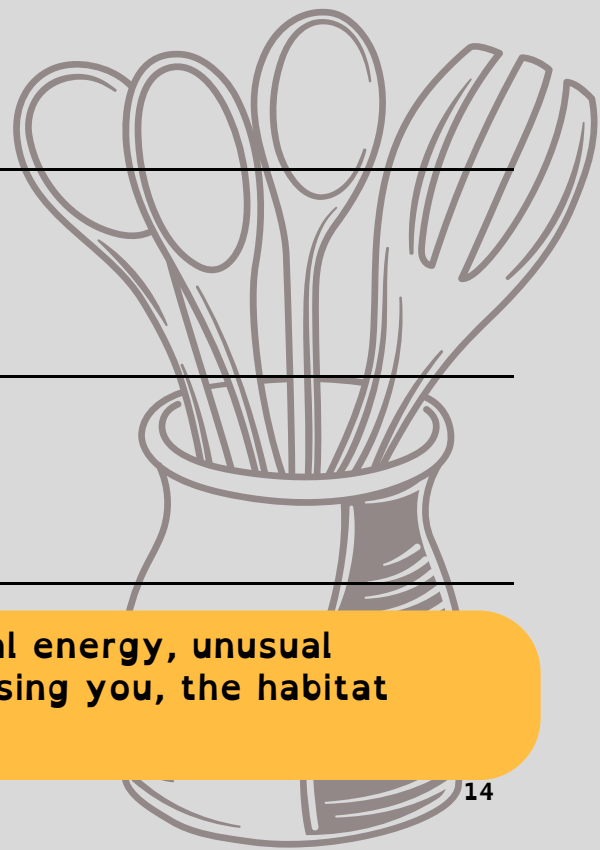
ONE REVERSIBLE HACK

Move Duplicate Expose Contain Shorten
Label Soften Add stimulation

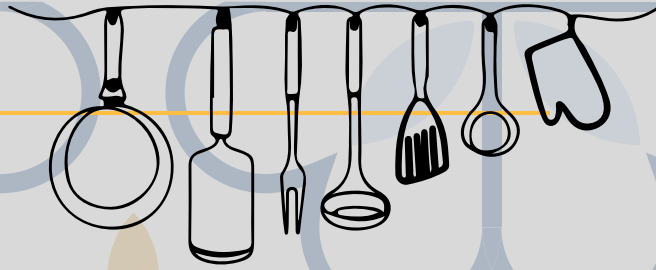
EVIDENCE AFTER 72 HOURS

Access Cost Agency Recovery
Completion, if completion matters

If the hack works only when you have unusual energy, unusual money, unusual silence, or somebody supervising you, the habitat is still carrying too little.



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NOBODY SAID YOU HAD TO DO IT THAT WAY.

The social model of disability goes all the way into the house, into the drawer, into the shower, into the phone, into the exact place where the sock becomes a catastrophe. You deserve a habitat that is accommodated to you.

YOU HAVE PERMISSION TO

- put the object where you first look for it
- duplicate cheap things and stop carrying them between worlds
- use open storage, visible storage, floor storage, or no-fold storage
- change the task, the sequence, the room, the posture, the time, or the definition of finished
- design for bad days before the bad day arrives
- choose function over the appearance of function
- make a weird system because the weird system works

The habitat is already intervening. Make it intervene in your favor.

FIX THE HABITAT, NOT THE HABIT.