



About Me

I'm and I am autistic
 ADHD
 Dyspraxic
 Dyslexic

I prefer to be called

My Date of Birth is Day Month Year

Age

My Passport needs to be circulated to any professionals interacting with me.

My emergency contacts: _____

Name Phone number relationship

Name Phone number relationship

My support arrangements _____

Photo of me _____

 How can you tell when I'm becoming very anxious? _____

(add your own experience)

- I make repetitive movements.
- I become very quiet.
- I become visibly distressed.
- I hide my head.

 These things will help me to regulate: _____

(add your own experience)

- I need to pace up and down.
- I need to listen to music on my headphones.
- I need to be on my own in a quiet space.

 These are the things I like: _____

(Food, smells, passionate interests etc)

 These are the things I don't like: _____

(eg. alarms, loud voices, confrontation)

 Goals I would like to achieve this year: _____



Things that I find difficult which staff / professionals should make reasonable adjustments for

(in line with the Equality Act, 2010)

Please let staff / professionals know which of these statements apply to you:

- Waiting for a long time or being in a space with lots of other people.
- Making eye contact - please don't assume I am not listening to you (or any other assumptions) if I don't look at you.
- Sitting still.
- Bright lights.
- Intrusive noise such as others shouting, or the fire alarm.
- Focusing on what you are saying when there is noise going on.
- Not knowing what is going to happen.
- Transitions and change - this might be moving from one place to another or a change in staff.
- Having a lot of people pay attention to me.
- Speaking to people I don't know or in an environment which is unfamiliar or overwhelming - group work and team activities are difficult.
- Processing spoken and written language may take me longer than my peers.
- I'm demand-avoidant so direct and indirect demands make me very anxious.
- Crowds / rooms with lots of people / canteens.
- I am very uncomfortable with people looking at me.
- My diet is quite restricted and there may not be any food available I can eat.
- I have difficulties with interoception and knowing when I am hungry, thirsty or in pain.
- I can't go in to or out of a setting at the same time as everyone else.



What you can do to help

Please let staff / professionals know which of these will help you:

- Find a quiet place for me to go if I become overloaded.
- Allow movement breaks.
- Listen to my parent / carer / advocate.
- Allow ear defenders / headphones.
- Accept I may need to pace or fidget and facilitate that.
- Dim the lighting where possible and avoid bright light through windows.
- Only use interventions which make noise where necessary. Turn off the noise where possible.
- Use direct language without the need for inference and explain in short sentences. Expect what you say to be taken literally and think about what you're about to say with that in mind.
- Explain everything you are going to do before you do it.
- Avoid more than a couple of people around me at once.
- Don't touch me.
- Use other methods of communication than speaking if necessary.
- Don't expect me to engage in small talk but to speak calmly and tell me a little about yourself so I feel more comfortable.
- Help others present to understand neurodiversity.
- Give me time to process what you've said or what I've read.
- I prefer you to write things down instead of speaking to me.
- Break instructions down into chunks rather than giving a whole sequence of instructions.
- If my advocate or I tell you I'm demand avoidant try to use language which is not framed in demands and expectations, and offer me choices. Give me autonomy.
- Don't make generic assumptions about autistic people - we're all different.
- If uniform is mandatory relax rules if I am unable to wear something for sensory reasons.
- Relax rules around food if otherwise I would be unable to eat.
- Make accommodations for changing into sports kit if applicable.
- Don't make sudden changes.
- Allow me to sit by a friend and don't change that without telling me.