

How I like to communicate

- > Face to face conversation
- > With an advocate/friend
- > Telephone
- > Email
- > SMS/Text message
- > Post
- > Easyread

I also have these other conditions

More on attached paper (please tick)

I take the following medicine

Medicine	For this condition

More on attached paper (please tick)



About autism

Autism is a lifelong developmental disability that affects how a person communicates with, and relates to, other people and the world around them.

In 2010, the Government published statutory guidance, in accordance with the Autism Act 2009, which local councils and health bodies have a legal duty to implement.

About The National Autistic Society

The National Autistic Society is the leading UK charity for people with autism (including Asperger syndrome) and their families. With the help of our members, supporters and volunteers we provide information, support and pioneering services, and campaign for a better world for people with autism.

The National Autistic Society
 393 City Road, London EC1 1NG
 Switchboard: **+44 (0)20 7833 2299**
 Autism Helpline: **0808 800 4104**
 Minicom: **0845 070 4003**
 Email: **nas@nas.org.uk**

Passport to individual autism support



I am on the autism spectrum, which is a lifelong developmental disability. Please read this document, as it will help you understand my social and communication needs.

Name:

I like to be called:

My contact details	
Phone number	
Mobile number	
My address	
Email	

If you want to know more, please ring	
Name	
Phone number	
Doctors name	
Phone number	



Accept difference.
Not indifference.

My sensory reactions

	Under sensitive	Average	Over sensitive
Light			
Noise			
Touch/pain			
Smell			
Taste			

Abilities that may be affected by my autism

	Average	Poor
Balance		
Speed of responding		
Social conversation		
Co-ordination		
Short term memory		
Time management		
Concentration		
Multi tasking		
Following complicated instructions		
Filling in forms		
Sense of direction		
Sleep		

Other abilities that may be affected by my autism

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Difficulties that might affect my ability to do certain tasks, in employment, or managing my home and social life

	Yes	No
Busy/noisy places are stressful		
Being with others is tiring		
Bright or flickering lights upset me		
Being touched upsets me		
I do not like eating in company		
I can't read body language		
I do not understand social nuances		
I don't understand metaphors or figures of speech		
I am anxious with strangers		
I feel lonely and socially isolated		
It's hard to be brief		
I need time to plan what I am doing		
Changes of plans make me anxious		
I cannot easily switch between tasks		
I find it difficult to work under time constraints		
I get confused by too much information		

Other difficulties that might affect my ability to do certain tasks

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When I get upset, I may:

- Get very agitated, loud and upset (meltdown)
- Become passive, possibly non-verbal and may appear to go to sleep (shutdown)
- Get verbally or physically aggressive, without meaning to
- Make noises
- Flap my hands
- Become unable to speak coherently
- Seem extremely bad tempered

How to help, if I am upset

- Do not touch me
- Talk quietly and give me simple instructions
- Provide a quiet room, with low lighting
- Give me time to calm down
- Call my emergency contact
- Phone one of my contacts to arrange transport so I can go home

Travelling (please delete as necessary)

- I can/cannot make my own travel plans
 - I can/cannot travel alone
 - I can travel by bus/train/overground railway/tram/taxi/own vehicle
 - I am always taken places and collected by
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