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| A close up of a sign  Description automatically generated | **Leeds Autism AIM: My Communication Profile** |
| **My name:** |

**About this profile:**

Some autistic people have difficulties in communicating with others. Some are non-verbal. Some take longer than others when processing what is being said to them. Some find it hard to read facial expressions, whilst others may find it difficult to tell when people are expressing emotions. Another common issue is maintaining eye contact. Some autistic people find it hard because it can be physically painful for them.

Many autistic people prefer for people communicating with them to be clear, to the point and honest. This applies to verbal and written communication, as well as other forms such as British Sign Language and Makaton.

Breaking up information into bullet points can make it easier for some autistic people to digest information. Highlighting important information e.g. email addresses or phone numbers is also useful.

**\*\*Please note that this document has been completed by me and not by Leeds Autism AIM or Advonet Group staff\*\***

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| **1. For me, being autistic means… (please write down how you feel that being autistic affects you)** |

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| Living with high anxiety |  | Feeling socially isolated |  |
| Not understanding those around me |  | Feeling like I ‘don’t fit’ anywhere |  |
| My routine is extremely important to me |  | I need to know in advance about any unexpected changes |  |
| I prefer to communicate one-to-one and become overwhelmed in groups |  | Spending time focused on my own specific interest / interests |  |
| Being perceived as being blunt / rude (this is not my intention) |  |  | |
| Is there anything else you feel is important for us to know about your autism? If so, please write down in the box below. | | | |
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| **2. How I Prefer to be Contacted: Being contacted unexpectedly can cause great anxiety for many Autistic people** |

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| Text Message |  | Email |  |
| Letter |  | Phone Call - It is alright to leave me a message if I don’t answer |  |
| Video conferencing |  | Face-to-face |  |
| Phone call - please **do not** leave me a message if I don’t answer |  |  | |
| **Notes about how I prefer to be contacted** | | | |
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| **3.1 How I Communicate:** | **3.2 How to communicate with me** |
| Examples: I like to communicate using the text feature on WhatsApp; I avoid eye contact when speaking to someone face-to-face because I find it overloading | Examples: Please give me time to respond to a text message to process what you have said; try not to use metaphors as I find it hard to picture them |
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| **4.** **Additional communication needs you need to know about** |

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| I have dyslexia |  | I have dyscalculia |  |
| I am blind or partially sighted |  | I have a learning disability |  |
| I have dyspraxia |  | I prefer written instructions |  |
| I am Deaf or have partial hearing |  | I prefer information in bullet points |  |
| I prefer information in Easy Read |  | I am non-verbal |  |
| I would like printed information on pastel coloured paper e.g. pale yellow or lilac/lavender |  | English is not my first language. This is my first language (please write below) |  |
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| I need extra time to process information being given to me verbally |  | Other - Please write here: | |
| I would like important information to be **in bold** |  |

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| **5. What to do if I don’t engage/reply to communications/attend appointments:** | | | |
| Send me a Text Message giving me clear instructions of how to move forward and get back to the service |  | Send me an Email giving me clear instructions of how to move forward and get back to the service |  |
| Send me a Letter giving me clear instructions of how to move forward and get back to the service |  | Phone me so we can have a conversation about what I feel has caused me to dis-engage. Please leave me a message if I don’t answer |  |
| Phone me so we can have a conversation about what I feel has caused me to dis-engage. Please **do not** leave me a message if I do not answer |  | Reassure me that it is alright to come back and attend the service |  |
| Keep Trying – It may take multiple attempts to get through to me due to my anxiety |  | Contact this person on my behalf:  Name:  Phone number:  Email address: |  |
| Other: Please write below |  |
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| **6. What else you should know about me and my communication needs** |
| Please write here |

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| **7. Who to contact as well as me: Someone to contact who knows me well when I need their support** | | | | |
| Name |  | | Email address |  |
| Role |  | | Phone no. |  |
| Relationship to you |  | | Postal address |  |
| Do they have your consent? | Yes | No | Postcode |  |