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| **My Social Profile** |
| **My name is:** |  |
| This is a guide to how I socialise with friends, relatives and partners. It explains what works for me and what you should know about how I communicate with the people who are closest to me. |

 **How to show people what is in this profile:**

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| **Tell people about it verbally** | **Give them a copy of this profile** |
| * Give those closest to me a summary of what helps and what I find hard
* Ask them what they would find helpful when communicating with them
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| **Pick what is relevant for different situations** | **Bring a copy with you if you can’t remember what you wrote** |
| * Use what’s in one section for different social situations e.g. stimming for when in busy or unfamiliar surroundings
 | * You don’t have to show it – just refer to it and pick something out if it is relevant
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| **Ask your friends/relatives how they like to be communicated to** | **Do whatever feels comfortable** |
| * Find out more about what works for them
* It might provide an opportunity for you to explain what’s in this profile
 | * You shouldn’t have to mask if it makes you feel ill at ease – when you think it’s right, you should be able to use this profile
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**Why this profile might be useful**

This profile will help me to communicate how I can socialise in a way that is comfortable for me. It will also help you to know how to accommodate me when I am invited to a gathering.

**1. How I communicate**

* My preferred ways of communicating
* What tools and apps I use
* How I talk to people close to me in different situations

**2. Meltdowns/shutdowns**

* What happens if I have one
* What strategies I use to get back to normal

**3. Masking**

* How I try to hide that I’m autistic
* How it affects me

**4. Stimming**

* Why I fidget, rock, make repetitive noises
* When I am most likely to stim

**5. My preferred social events**

* Which situations I am most comfortable in, indoors and outdoors

**6. Other things you should know about me**

* Anything else worth mentioning in the profile that I haven’t said in sections one to three

**7. Pulling out of social events**

* An explanation of why I might leave a party or other social gathering early or decline an invite at the last minute

**\*\*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. How I communicate**This is where I talk about my preferred ways of communicating, what tools and apps I use and how I normally talk to people I’m close to in certain situations |
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|  | **2. Meltdowns/shutdowns**What is likely to happen if I have a meltdown or shutdown and what strategies I use to get back to normal. |
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|  | **3. Masking**This is where I often hide the fact that I am autistic, and when I try to act non-autistic in order to fit in and hide how I am feeling. Masking can be really exhausting for me. Examples of masking include saying I’m fine when I’m not, not having a meltdown or shutdown in public and maintaining eye contact even if it’s uncomfortable. |
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|  | **4. Stimming**This is where I would do something like fidget, rock back and forth or make repetitive noises if I’m feeling stressed, anxious or overloaded. Stimming (self-stimulatory behaviour) is something I do to help me feel calm and normal. Examples of when I might stim include during a meeting, in a social situation I find uncomfortable or in a busy environment like a shopping centre or train station |
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|  | **5. My preferred social events**What type of events I like to socialise in. Examples include going to the cinema, going for a meal in a restaurant with friends or watching some live sport at home with friends and/or family |
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|  | **6. Other things you should know about me**Anything else that I haven’t yet mentioned in this profile |
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|  | **7. Pulling out of social events**If I cancel on a social event or meeting at the last minute, please don’t see this as a sign of bad friendship. When this happens, it is usually from feeling tired, socially exhausted or overloaded. |