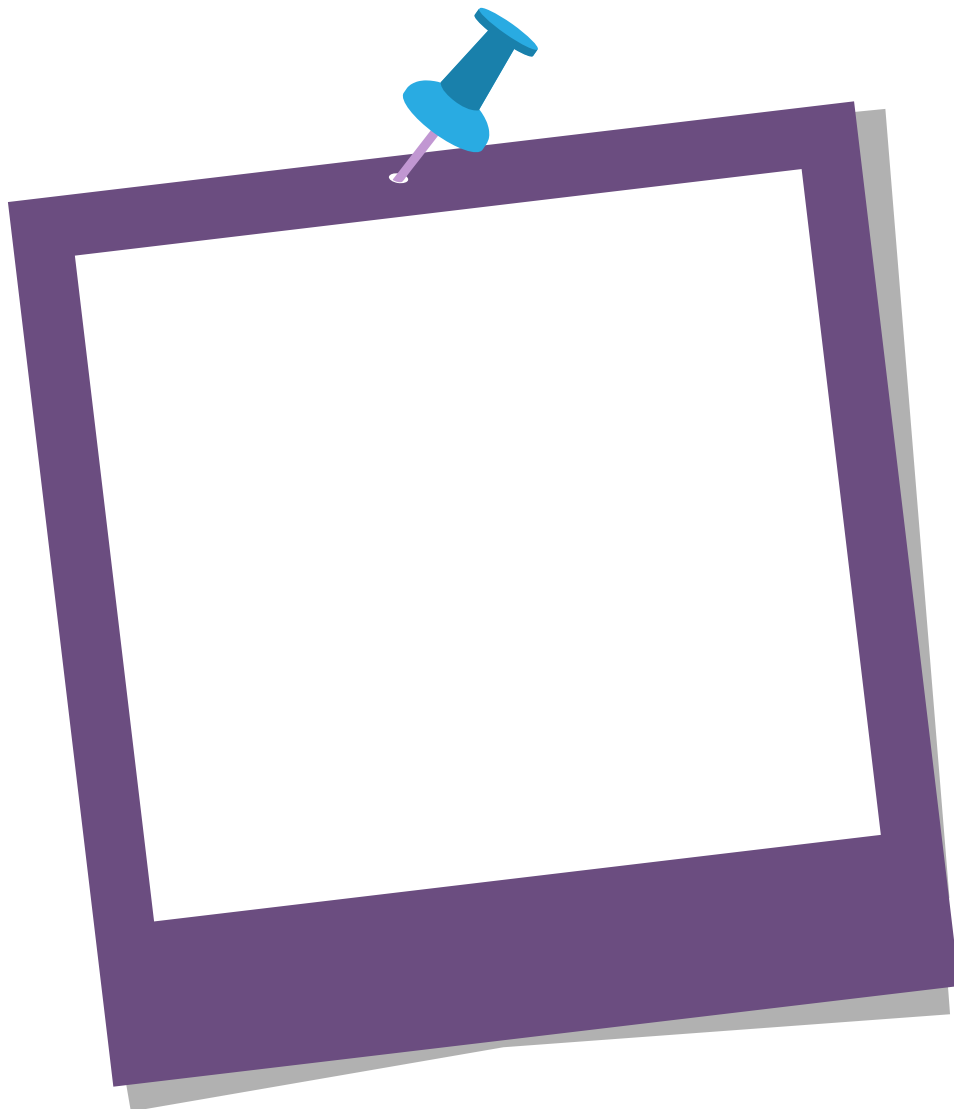


My Autism Passport

This passport is all about me. It will help you to understand how I like to be supported and how to best meet my needs.



Stick your photo here

All About Me

Name:

Date of birth:

Class:

Teachers:

My school:

Where I live:

Who I live with:

If I need help, I would
like you to contact:

How You Can Help Me in School

- I need a visual timetable to help me understand my routine.

- I need you to speak clearly and use simple words to help me.

- I need extra time to answer questions and process information.

- I need you to use unambiguous language – avoid confusing words, metaphors or idioms.

- I need regular checks on my understanding.

- I need to work in small groups or one-to-one with an adult.

- I need to use a workstation to help me complete my learning activities.

- I find it difficult to give eye contact – I may prefer not to look at you when I am talking.

- I need to know about changes in routine that may affect my day.

- I benefit from reminders about how to keep calm and relaxed.

How I Communicate

- I use signs and symbols to communicate.
- I use objects of reference.
- I use words to communicate.
- I need time to process information.
- I need visual cues to help me understand

Strategies That Help Keep Me Calm

- Remind me of my quiet space or calm zone where I can calm down.

- Let me 'stim' - this will help to keep me calm. Provide me with a fiddle object as this will enable me to regulate.

- Speak calmly and give me encouragement.

- Encourage me to use my own breathing techniques, such as 'blowing out the candle' or '5-4-3-2-1'.

- Allow me to spend some time in the sensory room.

I would like these people to help me:
