

# **All About Me**

# Section 1: About Me



## Section 2: Communication

## How you should communicate with me:

In this section, write about how you would like others to communicate with you. For example use visual aids, give me extra processing time, writing things down for me to refer back to, use clear and
unambiguous language.
Common mistakes people make communicating with me:
For example, assuming I don't understand because I don't use mouth words, giving me too much information in one go, saying things that you don't mean (like sarcasm), not using every-day language use loud voices.



## How I communicate with you:

In this section, write about how you communicate with others. For example, I prefer writing over talking I like to use visual aids like rating scales, I find it hard to communicate in big groups, I prefer 1:1 conversations, I use clear and direct language, I look away when I am concentrating, I like/dislike eye contact.
contact.



### Section 3: Sensory Profile

A sensory profile is really useful because everyone has sensory needs and preferences, and these can impact how we communicate, feel and behave. Everyone experiences the world differently, and it is important to be mindful of this. With many neurodivergent conditions, sensory processing is often affected. A person can become dysregulated due to sensory overload (too much sensory stimulation) or exhibit sensory underresponsivity (not enough sensory stimulation). When a person's sensory needs are not appropriately met, this can lead to states of distress.

#### My sensory needs:

In this section, write about any sensory needs. For example, are there any textures or sounds that you find comfortable or uncomfortable? Do you like bright lights or dim lights? Are there any environments that are supportive or unsupportive for your sensory needs? Do you have any stimming behaviours you want other people to understand? How do your sensory needs affect your wellbeing? Are there any actions you do that show other people you many need support? Do you have any sensory aids or strategies that you use to help?



### Section 4: Help at Court and in Meetings

In this section, write about how others can support you in a way that is respectful of your needs. The world is largely set up for neurotypical people, so lots of neurotypical people don't require adjustments to this. Adjustments can help make everyone's access to services more equal and fairer. Use this section to tell others what they should and shouldn't expect from you. For example, I need routine and to know what to expect. I would benefit from knowing what questions I will be asked in a meeting beforehand, or what we will be talking about. I might need to take some time out or go for a walk. I need others to know that if I have my eyes closed it is helping me to listen and concentrate and does not mean I'm not listening.

I prefer to have meetings:
In Person Video Call Telephone Call
I prefer information to be given to me:
In writing Verbally Both Other
Are there any specific fonts or colours that you find helpful?
How often do you require breaks?
Other adjustments:



# Section 5: Other Things To Know

## Special Interests / My strengths:

In this section, write about any special interests you have and your strengths. This helps people learn about you and things that you like / are good at, to help them tailor how they interact you. For example I'm very detail focused, I know a lot about a certain topic, I can focus really intensely on specific topics.
Things that cause me distress or increase anxiety / Triggers:
In this section, write about any specific things that you struggle with, cause you distress, increases your anxiety or depletes your energy. What does this look like for you? How do these things impact you? For example, when people expect me to mask — like telling me to look at them and sit still when they're speaking — It makes me feel exhausted and irritable. I might shut down and stop listening because I don't have enough energy to be still, look at them, and listen to what they're saying properly.



### Anything else?

Use this section to tell others if there is anything else they should know about your or your support need
that you haven't already written down.

We are always looking to improve our resources. If you have any feedback on this form, please email us at FLANCteam@outlook.com