









## 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: \_\_\_\_\_

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## 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.

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### 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.

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