

Use this sheet before or during civic encounters. It is a personal reference — you do not need to show it to anyone.

SCENARIO GUIDES

COURT APPEARANCE

1. Arrive early to reduce sensory overload from crowds.
2. Tell your lawyer or support person you are autistic.
3. You may ask the judge for clarification — say 'I need that repeated, please.'
4. Speak only when directly addressed. Silence is acceptable.
5. If overwhelmed, request a short recess through your lawyer.

MUNICIPAL OFFICE VISIT

1. Write down your purpose before you arrive.
2. Ask for written instructions rather than verbal ones.
3. It is acceptable to say 'I need a moment to process that.'
4. Request a quieter space if the environment is overwhelming.
5. Ask for the name and direct contact of the person helping you.

PUBLIC HEARING

1. Review the agenda in advance if available.
2. Prepare a written statement — reading from notes is acceptable.
3. Request extra speaking time if needed; state you are autistic.
4. You may leave and re-enter if sensory overload occurs.
5. Bring earplugs or noise-reducing headphones if helpful.

GOVERNMENT FORM COMPLETION

1. Ask for plain-language instructions if the form is unclear.
2. You may request assistance from a staff member.
3. Take the form home to complete if allowed.
4. Ask what happens if you make an error — most forms can be corrected.
5. Keep a copy of every form you submit.

YOUR RIGHTS IN CIVIC SETTINGS

- You have the right to request reasonable accommodations for your disability.
- You have the right to ask for information to be repeated or clarified.
- You have the right to have a support person present in most civic settings.
- You have the right to take time to understand before signing any document.

MY NOTES FOR THIS ENCOUNTER
