

ABOUT ME

Name: _____

Pronouns: _____

Date: _____ Emergency contact: _____

I am autistic.

This document helps you understand how I communicate best.

MY COMMUNICATION STYLE

Eye contact	I may not make eye contact. This is not rudeness — it is how I focus.
Processing time	I may need extra time to understand and respond. Please be patient.
Literal language	I understand language literally. Please avoid idioms, sarcasm, or vague phrasing.
Written communication	Written instructions or questions often help me more than spoken ones.
Tone and volume	Loud or sudden sounds can be distressing. A calm, even tone helps.

WHAT HELPS ME

- Speak one sentence at a time and pause between points.
- Ask one question at a time.
- Confirm I have understood before moving on.
- Offer written summaries of important information.
- Give me advance notice of changes to plans or environment.

WHAT I MAY NEED SUPPORT WITH

- Navigating unfamiliar environments or procedures.
- Understanding implied expectations or unwritten rules.
- Managing sensory overload in busy or loud settings.
- Expressing distress — I may go quiet rather than speak up.

MY PREFERENCES (fill in as needed)

I prefer to be addressed as: _____

My preferred communication method: _____

Things that help me feel calm: _____

Things to avoid: _____

If I seem overwhelmed, please: _____

ADDITIONAL NOTES
